

BETHLEHEM PUBLIC LIBRARY DO NOT CIRCULATE
In this week's issue

20/20 Committee looks to 2011

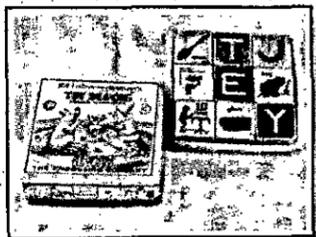
Group identifies key objectives for year
 See Page 3

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Give peace a chance

Pushing for more understanding among religions, the Ahmadiyya Muslim Community of Albany held an interfaith symposium on Sunday, Jan. 30.
 See Page 17.



Graphic design gets its due

On Saturday, Feb. 5, the Albany Institute of Art and History will open a new exhibition entitled "Graphic Design — Get the Message."
 See Page 19.



Coming up short

Cameron Dobbs scored 14 points for Guilderland in a loss to Mohonasen at Siena College on Sunday.
 See Page 32.

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Spotlight

VOLUME LIV NUMBER 5

75¢ FEBRUARY 2, 2011

Serving Bethlehem, New Scotland & Guilderland

Familiar message, new forum



BC Superintendent Michael Tebbano speaks at a community budget forum on Monday, Jan. 24, as Communications Specialist Matt Leon and Assistant Superintendent Jody Monroe manage an online chatroom broadcasting the proceedings.
 Charles Wiff/Spotlight

BC budget meeting paints bleak picture in person and online

By CHARLES WIFF
wiffc@spotlightnews.com

Attendees at a Bethlehem Central School District budget forum Monday, Jan. 24, probably weren't surprised by the message of fiscal calamity put forth by administrators, but there was one new aspect to the yearly meetings: many participants didn't even leave the house.

This was the first year the district coupled a webcast of the proceedings

with an interactive chatroom, allowing residents to interact with administrators and pitch questions along with the audience gathered in the Middle School library.

The bitter cold Monday evening probably didn't hurt matters, but the online version of the meeting at the peak recorded 135 visitors (more than in attendance at the library, which still saw a strong turnout), all of whom were able to chat and submit questions. Communications Specialist Matt Leon and Assistant Superintendent Jody Monroe ran terminals answering queries and calling out questions to the room.

□ Forum Page 29

Court to weigh Porco appeal

Attorney focuses on mother's nod

Lawyers representing Christopher Porco have filed papers seeking to reverse his 2004 conviction for taking an ax to his parents as they slept in their Delmar home, murdering his father and severely wounding his mother.

The appeal was submitted Friday, Jan. 21, to the highest court in the state, and Terence Kindlon, Porco's attorney, said if he fails to secure a reversal there he'll file to have the U.S. Supreme



Christopher Porco

Court consider it.

Kindlon is continuing to focus on a nod given by Joan Porco on the night of the attack. As she lay gravely injured in her home Bethlehem police officers asked her if it was Christopher who committed the crime, and she nodded in the affirmative, the prosecution said. At the trial, however, Joan said she had no recollection of the attack.

Kindlon said this effectively denies his client the right to face his accuser.

"The fact is that the only person who is accusing Christopher in this case directly is Joan

□ Appeal Page 29



Bethlehem businesses donated \$4,000 to STRIDE Adaptive Sports Wednesday, Jan. 26, formalized during a ceremony at Phillips Hardware. From left to right: Bethlehem Chamber of Commerce President Jennifer Kilcoyne, STRIDE CEO Mary Ellen Whitney, Phillips Hardware owner Jonathan Phillips, Albany County Executive Michael Breslin and Bethlehem Supervisor Sam Messina.

Charles Wiff/Spotlight

Bethlehem businesses lend support to STRIDE

Campaign raises \$4K in donations to not-for-profit

By CHARLES WIFF
wiffc@spotlightnews.com

Anyone doubting the commitment locally owned businesses have for their surrounding community needed to look no further than Phillips Hardware Wednesday, Jan. 26.

There, the STRIDE Adaptive Sports program, a not-for-profit, accepted a donation of \$4,000 from the Bethlehem business community, raised in short order through the efforts of Phillips Hard-

ware owner Jonathan Phillips and an advertising campaign in *The Spotlight*.

STRIDE provides various sporting opportunities for children with special needs, and also participates in the Wounded Warrior program, which provides a wide range of support services to injured soldiers returning home.

"This is a very significant amount of money that is going to help a lot of children with special needs and some of the Wounded Warrior projects we deal with," STRIDE CEO Mary Ellen Whitney said as she accepted the check. "I can't thank the community enough for this."

□ STRIDE Page 22

Elmwood Park Fire District to vote on land buy

Leadership of the North Bethlehem Fire Department will be seeking voter approval to purchase a 6-acre tract of land behind the company's Russell Road firehouse at a cost of \$315,000.

The department, which serves the Elmwood Park Fire District, said this purchase would be largely covered through the department's savings, and the remainder of the loan will be covered out of the existing operating budget. There are no immediate plans on the table for the land, but Chief Paul Fuino said it would make a good investment for several reasons, one of which would be to prevent any housing development.

"We are good neighbors, but we're not good neighbors," he said. "Sometimes when they dial 911 they love us, other times

they say the trucks made too much noise ... basically, we're looking for land to buffer the firehouse."

Complaints from nearby residents about sirens, late-night activity and traffic are common for fire departments, and North Bethlehem has been no exception, Fuino said. Keeping some distance between the firehouse and community can help cut down on any disturbances.

The department also has tentative plans to build a new shed near the firehouse to help with its rehab tent operations. North Bethlehem provides a heated and air conditioned tent for firefighter and medical use during major fire events, and in the winter, unfreezing the tent after a call can be a problem, Fuino said.

"The tent is like a solid block of ice ... we have to pull

our trucks out of the station for hours to clean and thaw everything," he said. "If we put it on our property now, it will take up most of our fields and everything. By having the extra space and land they're able to push everything back and make space for it."

The tent was used 24 times last year.

The department has three acres of property now. The station was opened in 1988. Elmwood Park was impacted by an error in taxing this year that saw some residents receiving inflated bills. The land buy has no bearing on this year's tax rate, Fuino said.

Voters will have to approve the borrowing of the money for the land purchase to move ahead. The land also includes a small structure the department



The North Bethlehem Fire Department wants to significantly expand land holding around its Russell Road firehouse. Voter approval is required to borrow money for the \$315,000 land purchase.

Charles Wiff/Spotlight

said it doesn't have plans for.

The vote will take place from 6 p.m. to 9 p.m. on Tuesday, Feb. 8, at the company's firehouse,

589 Russell Road. All registered voters residing in the fire district will be eligible to cast a vote.

- Charles Wiff

What's Your Vision?



Author



Entomologist

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Membership dues tabled again

Majority of board wants to see further reductions

By CHARLES WIFF
wiffc@spotlightnews.com

The Bethlehem Town Board has once again held off on approving a collection of membership dues included in the 2011 budget for town staff and departments.

The board had tabled the item during its organizational meeting and, on Wednesday, Jan. 26, rejected a new list put forth by Supervisor Sam Messina that removed several of the fees to professional and governmental organizations.

Councilwoman Joann Dawson said she realizes many of the memberships are vital to the town's operation, but questioned if there still remains some fat to be cut.

"Maybe in a way it's a misnomer to put all of these in one list," she

said, acknowledging there were many items she does support. "On the other hand, there were others that were mostly in the area of information."

Supervisor Sam Messina emphasized the list of dues has been reduced in the past, and was also pared down for the 2011 budget. He put to the board further cuts of about \$2,100 on Wednesday, saying the new fees "enable our folks to be where they need to and to frankly develop the connections that will help Bethlehem."

"The ability of the work [town staff] can do for us is enhanced by these membership fees," he added.

Councilman Mark Hennessey reiterated statements he made at the organizational meeting calling for a conservative fiscal position. He reminded the board and audience the town had faced a seven-figure deficit

in 2010.

"We just currently have a lot of expenses we can't afford," he said.

The new list tabled on Wednesday totaled \$14,763, of which about \$1,200 has already been paid. The entire town budget for 2011 weighs in at about \$40 million.

Thirty-five dues and fees were taken out of the newest proposal, some of which employees agreed to pay for themselves. These were for the most part in lesser amounts — nearly all of the more costly items reaching into the hundreds and thousands of dollars were included.

Councilman Kyle Kotary said he had concerns about town spending, but he would be willing to approve the presented list and move on from the issue. Without a third vote available, however, he voted along with the rest of the Town Board to table the list.

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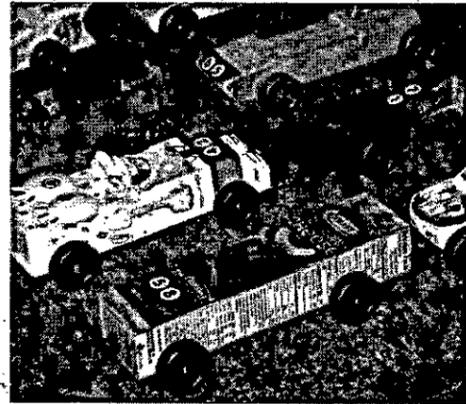
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Griffin Roeder, 7, of Den 1, peruses "Spirits of Derby Past," a museum of cars raced in past Pack 23 derbies. This was Roeder's first Pine Box Derby and he placed 2nd in his first event.



Nate Sullivan, 8, of Den 4, shows off his car at the Bethlehem's Boy Scouts Pack 23 Pine Box Derby on Saturday, Jan. 29.



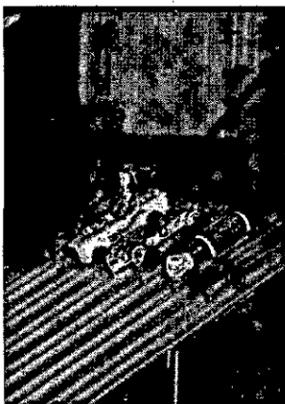
Many of the entries in the Pine Box Derby features whimsical designs.

Photos by William R. DeVoe/Spotlight

Boy Scouts Pack 23 Pinebox Derby

Life in the fast lane

New aluminum track unveiled as area dens come together to compete



Bethlehem's Boy Scouts Pack 23 unveiled its new aluminum racetrack and timer at its annual Pinebox Derby on Saturday, Jan. 29 at Town Hall.

This year there were more racing heats for all of the boys, more trophies and awards than ever, car themed music, a "Spirits of Pinewood Derby's Past" (a museum of cars raced in the past), and informative tables. Some honored guests were in attendance at this year's races: Bethlehem Town Supervisor Sam Messina, Hamagrael Principal Dave Ksanznak and Twin Rivers Cub Scout Council Executive Julie Van Amburgh among them.

At the end of the day, Ian Marsh from Den 5 went home with the championship, as his car, "The Big Tin Foil," was the fastest at the meet with a time of 3:1655 seconds. Jeffrey Hansen, of Den 4, and Sam Wemple, of Den 7, rounded out the top three with their respective cars, "Super Swiss" and "Bad to the Bone."

The Cubmaster Choice Design Award went to Stefan Kloss, of Den 7, for his car, "Angry Birds," and the car that displayed the most scout spirit, according to the judges, was Ethan Wolfsberg's "The Guitar Car."

Rounding out the Design Award winners were David Harvey's "Pillsbury Dough Boy" with Most Innovative, James Robinson's

"American Racer" with Most Patriotic, Andrew Decandia's "Nonamey II" with Most Aerodynamic and Peter Giervic's "The Legg Racer" with Most Futuristic.

The Den Speed Award results were as follows:

- Jonathan Forand, Den 1, "Red Rider Zoom" with a time of 3.2382 seconds.
- Griffin Roeder, Den 1, "The Fast Rocker" with a time of 3.3956 seconds.
- Joe Prostick, Den 2, "The Spider" with a time of 3.285
- Marko Gibbons, Den 2, "Mean Machine" with a time of 3.3151 seconds.
- Mark Mereday, Den 3, "Tazmanian Twister" with a time of 3.2652 seconds.
- Jacob Kantrowitz, Den 3, "The Superbowl" with a time of 3.2964 seconds.
- Garrett Skultety, Den 4, "Super Red" with a time of 3.2316 seconds.
- Nicholas DeFazio, Den 4, "Silver Wing" with a time of 3.2229 seconds.

- Zeb Shipherd, Den 5, "Mac 'n Speed" with a

- time of 3.3069 seconds.
- Brodie Cairns, Den 5, "Captain America" with a time of 3.4499 seconds.
- Colby Nash, Den 6, "Guitar of America" with a time of 3.2383 seconds.
- Christopher Harvey, Den 6, "Eagle Spirit" with a time of 3.2966 seconds.
- Patrick Fallon, Den 7, "Golden Arrow" with a time of 3.2218 seconds.
- George Stain, Den 7, "I-Phone" with a time of 3.2387 seconds.

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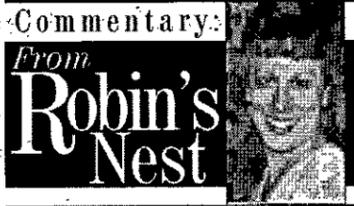
<p>Banks</p> <ul style="list-style-type: none"> Berkshire Bank Citizens Bank KeyBank <p>Dining</p> <ul style="list-style-type: none"> Bruegggers Bagels Carappoli's Hidden Cafe Shalimar Pizza House Subway Yan's Chinese Restaurant 	<p>Beauty</p> <ul style="list-style-type: none"> Choices Salon & Day Spa Nail Designs Sally Beauty Supply Scissor Society <p>Clothing</p> <ul style="list-style-type: none"> Fashion Bug Olympia Sports Payless Shoes 	<p>Specialty Stores</p> <ul style="list-style-type: none"> AT&T Computer Renaissance Delaware Plaza Liquors Dollar Tree Friar Tuck Bookshop GNC Keller Williams Realty North Country Academy OTB Papermill Hallmark Sherwin Williams H & R Block Radio Shack
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A gift that's on the cutting edge of love

By ROBIN SHRAGER SUITOR
news@spotlightnews.com



It was a cold, blustery weekend afternoon and my family had just two desires: eat food and watch movies. Sounds simple, only we had no food (not the kind anyone wanted), we had no movies (not ones we'd never seen), we were all in pajamas, and no one wanted to leave the house.

"Does the Chinese place deliver?" I wondered aloud, "Or pizza, we could have a pizza delivered." But who would we get to deliver the movies?

Some of us were going to have to get dressed and gather food and films. I decided it would be my daughter and me. And so, from my comfy position on the family room couch, all cozy and warm under an afghan, I formulated the following plan: Rachel and I would go to the library for DVDs, we would buy

a ready-to-bake pizza from the supermarket (this would be for dinner), and we would pick up Chinese take-out for lunch. By my calculations, there would then be enough movies and leftovers to last the rest of the weekend, meaning I wouldn't have to leave the house again until I had to go back to work.

As it worked out, Rachel and I spent an hour on the computer researching our movie options at both the library and Redbox. By the time we got to the supermarket we were both ravenous. That's probably why on the way to the pizza aisle I tossed into my cart a warm package of roasted chicken

parts. We also ended up with frozen meatballs, sliced cheese, bananas, navel oranges, red peppers, chocolate pudding, and a bag of Doritos. Not to mention the Chinese food we stopped for on the way home.

Back at the house, I put away the groceries, pausing to devour a roasted chicken thigh while standing at the counter. Jeff and Rachel, the more civilized members of the family, busied themselves by setting out plates and silverware (on the coffee table) and we settled in to begin our multi-day film fest.

In one movie a young couple has a spat. The girl says, "This would be a good time to open my birthday present." The guy admits he didn't get her a present. He says, "You told me you didn't want me to get you anything." His girlfriend starts to cry. She says that he was supposed to want to get her a really great gift because she was such a great catch for being "the girl who doesn't want anything."

I felt some sympathy for the boyfriend who seemed genuinely perplexed. And yet, I couldn't completely let this character off the hook. I mean, he was, like, 30 years old. Even my boyfriend in high school knew enough to come up with presents. "On my sixteenth birthday he gave me an album," I told my husband, "It was J. Geils Band and a really great album, but I had been hoping for something more romantic." "Like knives?" said my husband.

I had to smile. The first birthday gift Jeff ever got me was a set of kitchen knives. Well, not only knives, but also a cutting board. I was 23 years old.

My smile today is genuine, but I can tell you that it was forced the day I pulled those items out of the bag. Yup, he came over to my place and handed me the bag from the store (it was either Service Merchandise or the Present Company). The stuff in the bag was not wrapped. Heck, why build the suspense with

I ripped away the paper and said, "Wow, it's . . . knives." It was a set of reasonably priced kitchen knives in a block. He saw the perplexed look on my face. I told him, "When I said I wanted new knives, I wasn't hinting for you to buy me a set."

such an original gift?

I probably said something like, "Wow, it's . . . knives." He explained, "Yeah, you don't have any real knives. You can't cut everything with a butter knife, you know." In my defense, I didn't only have butter knives. Butter knives don't even have a sharp edge. I had table knives (to which he was referring) and I also had a set of steak knives.

The knives he bought me still sit in their block on our kitchen counter. The set was relatively inexpensive, but the knives have lasted over 22 years (all but one medium size knife that broke and one steak knife that went missing). We use them nearly daily. Jeff prefers the larger chef knives. I still tend to choose a steak knife even when I'm slicing a cucumber or a tomato.

Recently, I discovered the paring knife, previously known to me as "that small knife with the funny-shaped blade." I used to have trouble using it... turns out I was holding it upside down. Now that I've figured out how it works, it's my favorite knife.

My renewed interest in knives sprang from a renewed interest in cooking. And by cooking I don't mean just the same-old baked chicken. I'm talking about preparing dinners that have several ingredients and involve chopping or slicing.

A few months back I mentioned to Jeff that I'd like to get some new knives. And then the holiday season arrived. Generally Jeff and I just give presents to our daughter and then buy a joint gift for the

house. For example, in early November we'd replaced our stereo receiver and wished each other an advanced "Happy Hanukkah." So, I was surprised when Jeff handed me a large and heavy gift-wrapped box during the actual holiday.

I ripped away the paper and said, "Wow, it's . . . knives." It was a set of reasonably priced kitchen knives in a block. He saw the perplexed look on my face. I told him, "When I said I wanted new knives, I wasn't hinting for you to buy me a set." This, of course, directly contradicted what I used to tell him, which was, "when I say I like this or that or point to things as we walk through a store or look through a catalog you are supposed to make a mental note and go back later and purchase the item."

I explained that in this case I wasn't looking to replace our knives, but rather to supplement our set with a few, select pricier pieces. I got the idea that more expensive knives may make me a better cook, like if I don't have to struggle with the slicing and dicing, our meals will be more imaginative.

"I hear there are kitchen shears that can slice through a penny," I told him, "although what kind of recipe calls for half a penny?"

He said, "How about I return this set and we'll go shopping together." Now there's a guy that understands love and romance. He also knows that even pricey knives won't eliminate our reliance on pizza and Chinese take out.

Got news or views?

Spotlight Newspapers welcomes announcements of programs or events occurring in our coverage area.

All events must be open to the public and announcements should contain the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be e-mailed to news@spotlightnews.com, faxed to 439-5198, or mailed to Spotlight, P.O. Box 100, Delmar 12054.

The deadline for all announcements is noon Friday prior to publication.

The Spotlight Newspapers also welcomes letters from readers on subjects of local and regional interest. Letters are subject to editing and should be contained to 500 words or less.

All letters must include the writer's name, address and phone number. Spotlight Newspapers reserves the right to limit the number of letters published from a single author.

Submissions can be e-mailed to news@spotlightnews.com, faxed to 439-5198, or mailed to Spotlight, P.O. Box 100, Delmar 12054.

The deadline for all letters is noon Friday prior to publication.

Spotlight Newspapers also welcomes longer opinion pieces for the Point of View section.

For information on submitting a Point of View, e-mail news@spotlightnews.com or call 439-4949.



WEEKLY WEATHER



Chief Meteorologist Mike Bono

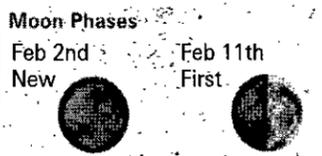
Albany Almanac

Record high/low/year			
AVERAGE HIGH	32°	AVERAGE LOW	14°
Day	High/Year	Low/Year	
Wednesday, February 2	53°/1981	-18°/1961	
Thursday, February 3	56°/2006	-18°/1955	
Friday, February 4	61°/1991	-13°/1978	
Saturday, February 5	59°/1890	-15°/1918	
Sunday, February 6	55°/1991	-20°/1948	
Monday, February 7	48°/2005	-18°/1995	
Tuesday, February 8	52°/1925	-16°/1950	

SEASONAL SNOWFALL TO DATE
46.8 inches as of Thursday, January 27th
12.8 inches above average

This week in weather
February 6-7, 1978 The "Blizzard of 1978" dumped up to 50" of snow in Rhode Island and a record 27" in Boston with 80 to 90 mph wind gusts and damaging surf on the New England coast. The Catskills had up to 25 inches of snow and almost 30" fell on Long Island.

Sun & Moon		
Day	Sunrise	Sunset
Wednesday	7:09am	5:10pm
Thursday	7:07am	5:11pm
Friday	7:06am	5:12pm
Saturday	7:05am	5:13pm
Sunday	7:04am	5:15pm
Monday	7:03am	5:16pm
Tuesday	7:02am	5:17pm



Planets	When	Where
Saturn	Dawn	High South
Venus	Dawn	Bright SE
Jupiter	Dusk	Bright SW

Area Ski Conditions			
Resort	Base Depth	Lifts	Trails
Gore Mtn.	29" - 52"	13	83
Whiteface	23" - 34"	8	79
Bromley	14" - 34"	5	45
Mt. Snow	24" - 42"	11	80
Okemo	28" - 36"	14	119
Belleayre	49" - 78"	7	50
Stowe	24" - 44"	11	101
Killington	30" - 40"	15	135

Factoid
This time in February is traditionally a period when some of the coldest temperatures and biggest snow storms have occurred in the Northeastern United States.

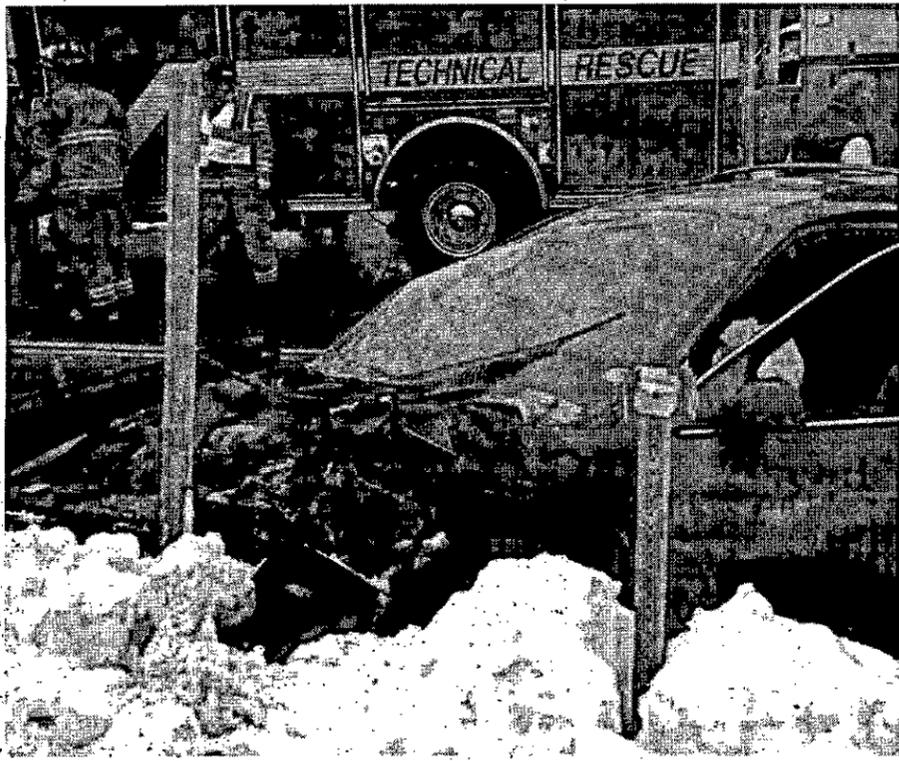
Tides at Albany		
Day	High	Low
Wednesday	4:17am, 4:35pm	10:39am, 11:13pm
Thursday	5:01am, 5:17pm	11:25am, 11:56pm
Friday	5:42am, 5:56pm	-----, 12:11pm
Saturday	6:21am, 6:33pm	12:37am, 12:55pm
Sunday	7:00am, 7:10pm	1:18am, 2:26pm
Monday	7:39am, 7:47pm	1:59am, 2:26pm
Tuesday	8:20am, 8:27pm	2:42am, 3:15pm

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Police blotter

Route 155 crash



An accident on Route 155 in Guilderland at about 3 p.m. Wednesday, Jan. 26, resulted in two people being taken to area hospitals with injuries. Charges are pending, and officials say high snow banks may have been a factor.

Tom Heffernan Sr./Spotlight



Man stopped on 9W faces DWI charges

The Bethlehem Police Department on Wednesday, Jan. 26, arrested Michael Edward Pelton, 18, of Rensselaerville, and charged him with DWI and a number of traffic law infractions, including an open container violation.

Police said Pelton's 2001 Hyundai Accent was spotted at about 1:15 a.m. stopped on the side of State Route 9W without its emergency four-way lights on. When police pulled behind the vehicle and activated their emergency lights, the vehicle took off and then stopped, activating its four-ways, according to arrest reports.

Police said Pelton had watery, bloodshot eyes, the odor of alcohol on his breath and slurred speech. He allegedly told police he was transporting his passenger from a party in Watervliet to Rensselaerville, and when police asked why he was traveling north on 9W he said he must be lost. Police said a 30-pack of Busch beer was on the floor of the passenger's seat, and an opened beer was visible

near the center console. An odor of marijuana was also coming from the car, police said.

Pelton allegedly failed sobriety tests and was placed under arrest. Thirteen unopened beers were recovered from the car, according to arrest reports, and Pelton was given a court date of Wednesday, Feb. 16. Both Pelton and his passenger were released to their mothers.

Other arrests

State police on Friday, Jan. 14, arrested Sonya E. Young, 24, of Slingerlands, and charged her with aggravated DWI. The arrest occurred near the I-87 southbound exit 4 ramp at about 4:01 a.m.

BPD investigates burglary at port

Bethlehem police are investigating a burglary that allegedly took place at Scarano Boat Builders, 194 South Port Road in Albany, on Monday, Jan. 24, at about 8:20 a.m.

Employees there said an unknown male was found

in the stockroom and when questioned said he was from "Riverside" picking up returns, police said. When questioned further the man left. Riverside Auto Parts did not have an employee matching the man's description.

A quantity of copper tubing was allegedly taken from the business. The suspect was described as a black man standing 6-foot-1-inch tall, weighing 200 pounds, wearing a black beanie cap, gray hooded sweatshirt and a black vest. Police contacted other scrap metal business in the area with the man's description.

Police look into Delmar theft

Bethlehem police are investigating a robbery that allegedly took place sometime during the day at a Delmar residence.

A resident told police the home's door had been pried open and \$300 in cash was missing from a dresser. Nothing else was apparently disturbed or missing. Police are investigating the incident.

Got news?

Spotlight Newspapers welcomes announcements of programs or events occurring in our coverage area.

All events must be open to the public and announcements should contain the date, time, location and cost (if any) of the event, along with contact information. Announcements are published space and time permitting.

Submissions can be e-mailed to news@spotlightnews.com, faxed to 439-0609, or mailed to Spotlight, P.O. Box 100, Delmar 12054.

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Matters of Opinion in The Spotlight

Pay your dues

Bethlehem needs to pay its dues — all \$14,763 worth of them.

If you've been following the story in our paper, you know that Bethlehem officials are hemming and hawing over approving membership dues included in the 2011 budget for town staff and departments. The argument is made, and correctly, that the town needs to take a conservative position on its finances. What is misguided is the current target of this approach.

Membership to municipal and professional organizations can attract a better class of town employee and thusly make the town a better place to live. The town's employees realize this, which is why many have agreed to pay dues themselves, contributing to the 35 dues and fees removed from the newest proposal.

They shouldn't have to. Bethlehem touts itself as "one of America's most desirable communities." That shouldn't be just to live in, but also to work for. Wasn't it Supervisor Sam Messina that brought up in his State of the Town address the importance of valuing employees in order to improve town government? One way to do that would certainly be maintaining membership in those trade organizations that give them avenues for career development and improvement.

It may come as a surprise to longtime Spotlight readers that we are arguing for the town to spend money, but we'd like you to look at a few things and see if you feel the same way:

The 2011 town budget is about \$40 million. Dues, as we said, are in the ballpark of, let's round up and say \$15,000. That is 0.000375 percent of the budget, or not even four millionths of the other expenditures Bethlehem will make in 2011.

To look at it another way, the total annual payroll of the Town Board is \$163,306 (four council members at \$14,104 per year, plus one town supervisor at \$106,890), or more than ten times what the town pays in dues. That board has tabled a vote on \$15,000 twice, and if it takes another meeting to hammer this out, the resources needed to deliberate the paying of those dues might just eclipse the cost of the dues themselves.

If the Town Board were that concerned over \$15,000, they'd each take a 10 percent pay cut and then they could get down to some real business, like figuring out how many angels can dance on the head of a pin.

Pay the dues, already.

Editorial

E-filing saves you and the state money

As the tax season begins, Thomas H. Mattox, the Acting Commissioner of the State Department of Taxation and Finance is urging New Yorkers to prepare and file their 2010 returns electronically. Also known as e-file, electronic filing is a fast, efficient and safe way to file your tax returns and best of all, refunds will be paid more quickly.

Only taxes prepared using computer software can be filed electronically with the Internal Revenue Service and the state. All tax preparation software products offer e-filing. Whether taxpayers file from home using commercial software or use a tax preparer, e-filing has an added benefit: by e-filing taxpayers can help the state to save millions of dollars; which can be used to provide essential government services.

The department estimates that if all eligible taxpayers e-filed, the state would save an additional \$20 million in processing costs each year. Paper processing costs are nearly significantly higher than the costs associated with electronic returns processing. The use of paper tax forms declined nearly 10 percent last year as a result of more taxpayers filing electronically.

Here are a few perks about e-filing:

Rapid Refunds: The Tax Department processes e-filed tax returns faster than paper returns. By e-filing your tax return, you will receive your income tax refund much sooner. In fact, you can get your tax refund in a matter of just a few weeks if you opt to have the refund directly deposited into your bank account.

Your Return Will Be Accurate: Because tax returns filed electronically are prepared using tax preparation software that checks for accuracy, there is little chance that errors will occur. Error-free returns result in the quicker refunds.

Your Personal Information is Protected: Because tax returns that are e-filed are transmitted over secure networks, your personal and financial information is safe. Security concerns are eliminated because the information is encrypted which means it can only be read by the Tax Department. Paper returns do not offer the same information security.

Your Return is Complete: As you are preparing your return, online tax preparation software will guide you through the process and alert you if your tax return is missing any information. For instance, if you do not enter your social security number(s), or employer withholding amount(s), tax software will prompt you to make corrections. When you e-file, errors are identified before you file your return, rather than the department sending your tax return back to you for correction or resubmission saving time and frustration and you will get a receipt showing proof of filing.

E-filing Saves Time and Money: If you e-file, you won't have to make a trip to the post

Point of View

office. For the do-it-yourselfer, all you need to e-file your return is tax preparation software and a computer with internet access.

If you use a tax preparer, he or she will charge for preparing the return, but cannot charge you any additional fees to e-file the return with New York.

In addition, there are many services available to grant New Yorkers free tax assistance. The IRS Volunteer Income Tax Assistance Program (VITA) and the Tax Counseling for the Elderly (TCE) Programs offer free tax help for taxpayers who qualify. Trained community volunteers may help with special credits, such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled.

The VITA Program offers free tax help to low- to moderate-income (generally, \$49,000 and below) people who cannot prepare their own tax returns. Certified volunteers sponsored by various organizations receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Most locations also offer free electronic filing. To locate the nearest VITA site, call 1-800-906-9887 or check this partial VITA site list online. (This list does not include every VITA site.)

The TCE Program provides free tax help to people aged 60 and older. Trained volunteers from non-profit organizations provide free tax counseling and basic income tax return preparation for senior citizens. Volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

For more information on TCE, call 1-800-829-1040. To locate the nearest AARP Tax-Aide site, call 1-888-227-7669 or visit AARP's website.

Military personnel and their families get free tax help, as well. The military also has a strong Volunteer Income Tax Assistance (VITA) Program. The Armed Forces Tax Council (AFTC) consists of the tax program coordinators for the Army, Air Force, Navy, Marine Corps, and Coast Guard. The AFTC oversees the operation of the military tax programs worldwide, and serves as the main conduit for outreach by the IRS to military personnel and their families.

Airmen, soldiers, sailors, marines, guardsmen, and their families worldwide receive free tax preparation assistance at offices within their installations. These VITA sites provide free tax advice, tax preparation, and assistance to military members and their families. They are trained and equipped to address military specific tax issues, such as combat zone tax benefits and the effect of the new Earned Income Tax Credit (EITC) guidelines.

Taxpayers with questions should consult the Department of Taxation and Finance's website, www.tax.ny.gov, or contact the department's customer service representatives at 457-5181 for more information.

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Weekly poll

This weeks question is:

Do you e-file, paper file or use a tax preparation service?

Log on to www.spotlightnews.com to cast your vote.

Last week's poll results:

Question: "What does President Obama's visit mean to local businesses?"

- It can only draw more attention to the area, driving commerce.: 12%
- Any benefits would be restricted to high-tech and green companies.: 12%
- Nothing. It will be forgotten in a few weeks.: 75%

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Your Opinion in The Spotlight

A computer in every pot

Editor, *The Spotlight*:

The *Spotlight* published on Jan. 26 its cover story, "BC pushes for computers," about a Bethlehem School District plan to provide computing technology to all the students of the district.

Not surprisingly, the article focuses on the estimated \$8 million cost that would attend this undertaking. But while the merits and difficulties of this plan need to be vetted, we should not focus exclusively on the cost. Let's not let this one issue "wag the dog."

The \$8 million price tag is significant representing around \$500 of cost per housing unit in the Town. But the value to be gained from this investment deserves equal consideration as it holds the promise of benefit for our students and the overall integrity of our educational system.

Our educational offering, today, is overburdened with 19th and 20th Century thinking, structure, and technology.

The current approach assumes that knowledge, resources, teachers, and programs are only available and administered from a central location (i.e. the school).

But outside of the schools, in business and government, the world has changed. We now have access, from our homes, cars, coffee shops and libraries, to information stored around the world. As Sal DeAngelo observed in the Jan. 26 article, the paradigm has changed and teachers are no longer "keepers of the knowledge."

Students today have the need and means to reach out to knowledge resources that exist far beyond the four walls of the classroom. State of the art technology, along with changes in the way we think about the way we develop knowledge, are essential to fulfilling that need.

On the cost side, the district's proposal is clearly a large outlay of finances. And it promises to be bigger in the future

when one considers the ongoing need to maintain state of the art technology. But an investment such as the one being proposed can, in effect, grow a virtual faculty and provide low-to-no cost access to knowledge stored remotely. These factors by themselves represent cost efficiencies that could end up saving us money.

Fundamental changes in our educational system are coming and long overdue. Technology will be part of that change whenever it occurs. We can ultimately support life learning by creating an infrastructure where "teaching moments" occur 24/7 and in any location.

What we need now, students and taxpayers alike, is a vision of how our district proposes to use new technologies to their fullest potential, to improve the educational experience, and to bring our educational system current in the information age.

Daniel P. Cunningham
Bethlehem

Cease cell tower talk until everyone's on the same page

Editor, *The Spotlight*:

Regarding the recent article "Concerning the recent article 'Regarding cell tower on track for final approval' — as a resident whose children are supposed to attend Eagle Elementary, this decision is extremely troubling.

While trying to come to terms with the implications of the cell tower, it has come to my attention that the Town plans on adding a Verizon cell antennae to the water tower on Elm Avenue, which is in close proximity to my home. This water tower already houses two cell antennae, as does the water tower on Kenwood Avenue adjacent to the Middle School. There is also a cell tower directly behind Glenmont Elementary School. Why are these devices, which are acknowledged as being hazardous to human health and development, allowed in such proximity to our schools and homes?

Municipalities are waking up to the very real dangers of these devices, and are imposing regulations aimed at protecting residents from the radiation

that is emitted. The town of North Hempstead recently passed a law prohibiting any cell tower or antennae within 1,500 feet of a dwelling, school, or day care center. In Bethlehem, cell towers are prohibited within 300 feet of such places.

Why should our children not be provided the same protection? We are not demanding enough of our elected officials. The article in last week's *Spotlight* shed light on how dysfunctional the decision-making process was for the Van Dyke Road cell tower, and Zoning Board members stated that the approval process needs to be further developed.

Until the town has a better understanding of the effects of these devices, and a clear approval process has been developed that is acceptable to all board members, there should be an immediate moratorium on the approval of additional cell towers and antennae.

Deborah Stevens
Selkirk

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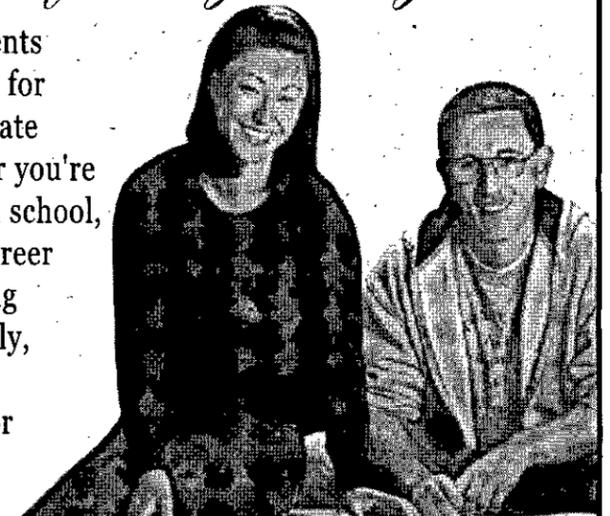
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Your Opinion in The Spotlight

The environment isn't a luxury

Editor, *The Spotlight*:

Since 1993, Albany County has been the fortunate beneficiary of grants from the state Environmental Protection Fund. These grants have supported educational treasures like the USS Slater and the Albany Pine Bush Discovery Center, sealed inactive landfills, protected farms, built the boat launch at Henry Hudson Park, and much more.

Grants like these have helped communities by supporting jobs and stimulating local economies.

Perhaps because it's called the "Environmental" Protection Fund, the last governor and legislature decided that the Fund was a luxury and slashed it by 40 percent. And

communities suffered.

The truth, however, is that the Environmental Protection Fund is about people. Further, it's fueled by a portion of the real estate transfer tax, so as a dedicated fund it's not drawing money away from other state priorities.

This year, Governor Cuomo and the legislature need to stop raiding the Environmental Protection Fund under the pretense of balancing the budget. Instead, we need them to support our communities, our jobs, our economy, and our environment by setting the Fund at \$222 million.

It's the right thing to do, and our leaders need to step up to the task.

David VanLuven
Delmar

Ronald McDonald House Radiothon



The Albany Ronald McDonald House Charities 10th anniversary Radiothon was held Saturday, Jan. 29, at Crossgates in Guilderland. There were family games and entertainment and an Autograph Alley featuring Brendan Harris, infielder with the Baltimore Orioles, WWE Legend "Hacksaw" Jim Duggan (pictured left with young fans), and WWE and WWC Superstar Carlito. The Radiothon fundraiser allows RMHC to provide hundreds of families with support and comfort while their seriously ill children receive treatment at local area hospitals.

Tom Heffernan Sr./Spotlight

Bethlehem's 20/20 Committee looks to 2011

Group's work plan identifies key objectives for coming year

By CHARLES WIFF
wiff@spotlightnews.com

After spending more than a thousand work hours discussing ways to improve town government in the long term, Bethlehem's 20/20 effort is setting its sights on getting some workable recommendations in place by the end of the year.

The 20/20 Implementation Advisory Committee presented to the Town Board on Wednesday, Jan. 26, a work plan outlining what it hopes to accomplish in coming months.

The implementation committee consists of 16 members, 13 of which sat on the original 20/20 Committee that was formed in 2008. They're spending their time in three subcommittees (each of which has its own subcommittee work groups): a modernization committee focusing on town

government, an economic development committee and an intergovernmental cooperation committee.

These three are the general areas the original 20/20 Committee identified as the most important, but its June 2010 report didn't deal in specifics, it instead pointed out areas in need of improvement. The implementation committee hopes to develop some workable recommendations on these points.

Co-Chairs George Leveille, Planning Board chairman, and Terri Egan, former supervisor, said the group has broken things down into 10 goals, some more specific than others.

"The way we approached this several years ago was to at least have a dialogue and start a conversation," Egan said. "Really, what this is is an investigative exercise."

The committee will examine combining all or parts of the town's Highway Department and Department of Public

"Really, what this is is an investigative exercise."

— Terri Egan, co-chair of the 20/20 committee

Works; starting an economic development strategy; creating a virtual community center; looking into shared services possibilities with other local municipalities (including the school districts) and talk about the very makeup of town government, including what positions are elected and appointed and their term limits.

That last element is one part of town government some think is due for a kick into the 21st century, Leveille said. It has been occasionally lamented that the head of the Highway Department is an elected position, while other department heads with similar responsibilities (such as in the

DPW) are appointed.

"As you know, the town law's an old law ... are there organizational changes that would make sense?" Leveille said.

The implementation committee will be meeting at least every six weeks, with the smaller work groups also holding sessions. The committee will report to the supervisor's office but should also deliver updates to the Town Board.

Supervisor Sam Messina has said since taking office a year ago that moving the 20/20 Committee's 2009 findings from abstract to reality needs to be a top priority.

"The committee model you have set up ... is just what government needs this day," he told Egan and Leveille. "It's been a real investment in time ... and now you've got that behind you and can use that."

Other members of the Town Board were also generally supportive of the work plan. Councilman Mark Hennessey

said he particularly liked the idea of a virtual community center, where residents could reserve town facilities, communicate and even deal with other municipal entities. He suggested the committee should look beyond Vista and the Selkirk area and consider vacant commercial space, especially on Delaware Avenue, in the town's economic development.

Councilman Kyle Kotary said the committee should also look to surrounding communities to build a set of best practices.

"We did that extensively with the comprehensive plan, and I think it worked out great," he said.

Also at Wednesday's meeting, Deputy Supervisor John Smolinsky delivered an update on the recent public meetings pertaining to the Lafarge Ravena cement plant. Ted Putney, a town resident and Albany County representative on the Hudson River Valley Greenway Council, detailed what that group has been up to.

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Miranda re-elected to state Bar Association

V'ville lawyer begins second term as secretary in June

The New York State Bar Association announced today that David P. Miranda, a partner of the Albany law firm Heslin Rothenberg Farley & Mesiti P.C., has been re-elected Secretary of the 77,000-member organization. Miranda was elected at the 133rd Annual Meeting by the House of Delegates, the organization's decision and policy-making body. He will begin his second term on June 1, 2011.

Miranda, a resident of Voorheesville, received his undergraduate from the State University of New York at Buffalo and earned his law degree from Albany Law School.

Miranda is an experienced trial attorney whose intellectual property law practice includes trademark, copyright, trade secret, false advertising, and patent infringement, as well as licensing, and Internet-related issues.

Miranda has been a

member of the State Bar's Executive Committee since 2006 and currently co-chairs the Bar's Special Committee on Strategic Planning. He served as chair of the Young Lawyers Section in 2002-2003 and as the Section's delegate to the American Bar Association from 1998 to 2000. He also chaired the Electronic Communications Committee from 2000 to 2006 and is a member of the Commercial and Federal Litigation Section, the Committee on Annual Award, the Committee on Continuing Legal Education and the Membership Committee. He is a past member of the Task Force on E-Filing and the Special Committee on Cyberspace Law.

Miranda is a past president of the Albany County Bar Association. In 2009, he served on the Independent Judicial Election Qualification Commission for the Third Judicial District of the State of New York. Hon. Judith Kaye, retired Chief Judge of the State of New York, appointed him to the New

York State Commission on Public Access to Court Records in 2002.

He received the Capital District Business Review's 40 Under Forty Award for community involvement and professional achievement in 2001. He was editor-in-chief and contributing author of The Internet Guide for New York Lawyers in 1999 and 2005, and is the author of Defamation in Cyberspace: Stratton Oakmont, Inc. v. Prodigy Services Co., published by the Albany Law Journal of Science & Technology. He also serves as an arbitrator of Intellectual Property disputes for the National Arbitration Forum.

The 77,000-member New York State Bar Association is the official statewide organization of lawyers in New York and the largest voluntary state bar association in the nation. Founded in 1876, the State Bar's programs and activities have continuously served the public and improved the justice system for 135 years.

Old Songs, new concert



Old Songs will present the John Whelan & Donna Hébert: the Irish-French Connection in concert on Saturday, Feb. 12, at 8 p.m. The concert will be held at 37 South Main St., Voorheesville. Tickets are \$20 and may be reserved by calling Old Songs at 765-2815 or online at www.oldsongs.org. This program is made possible, in part, by funds from the New York State Council on the Arts, a State agency.

Submitted photo

IN BRIEF

Benefit to aid Hope Club

The New York State Capital District Chapter of the Alliance for Women in Media will host a benefit at the Century House in Latham entitled, "Give Your Heart to HopeClub!" from 6 to 10 p.m. on Thursday, Feb. 3.

Proceeds will benefit the NENY American Cancer Society's HopeClub (formerly Gilda's Club of the Capital Region), as well as the NYS Capital

District AWM chapter.

Admission is \$40 per person. In addition to the music of Body & Soul, the evening includes a silent auction, a complimentary champagne toast, hors d'oeuvres, pasta and carving stations, dessert and coffee/tea.

Reservations may be made by calling Mary at 454-4006.

Library to show movie

The film "Billboard from

Bethlehem" will be shown on Wednesday, Feb. 16, at the Pine Hills Branch of the Albany Public Library at 6:30 p.m.

"Billboard from Bethlehem" is a true story about an American entrepreneur who, with The Combatants for Peace, recruits Israeli and Palestinian children to paint a giant peace mural in Bethlehem. After traveling to a mosque, a synagogue and a church the sign is posted on I95.

This documentary

offers insight into the history of the conflict and a vision for a just and lasting peace. It was named best documentary at the ReelHeART International Film Festival (RHIF), in Toronto, Canada.

Snowshoeing class planned

Five Rivers Environmental Education Center will hold an introduction to snowshoeing Thursday and repeated Saturday, Feb. 24 and 26, at 2 p.m.

During these indoor/outdoor programs, Five Rivers naturalists will demonstrate basic snowshoeing technique indoors, then lead snowshoers along center trails for some aerobic exercise, looking for animal tracks, chewed cones, dens and other signs of winter wildlife along the way.

The programs are

open to the public free of charge. Participants are urged to dress for outdoor winter activity. Snowshoes may be borrowed free of charge. In the event of severe winter weather, these programs may be canceled.

Call the center at 475-0291 by Thursday, Feb. 17, to register or for more information.

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ASK THE VET
 Submit Your Questions at:
WeCanHelp@TheAnimalHospital.com

Lexi Becker, DVM

My ferret was just diagnosed with an insulinoma, what does this mean?

Insulinomas are very common pancreatic tumors found in ferrets older than 2-3 years of age. These tumors produce insulin, which cause low blood sugar. Clinical signs include lethargy, exercise intolerance, weakness, hind limb paresis or paralysis, hypersalivation, teeth grinding and occasionally seizures. If you notice any of these signs, your veterinarian will run a blood sugar test. Blood glucose levels below 70mg/dL are suggestive of the diagnosis of an insulinoma. There are other disease states that can cause low blood sugar and additional testing is usually required. Additionally, treatment should be designed for the individual patient and it is important to be aware of other disease states prior to choosing a treatment modality. Medical therapy may be instituted with prednisone and diazoxide. These medications may be used alone or together. Both medications counteract the signs of the tumor; however they do not treat the tumor itself. Surgical treatment is also considered in some patients. It is important to realize that most cases require medical management following surgery. With either surgical or medical management, nutritional therapy is important. Multiple small low carbohydrate meals are ideal. It is a good idea to avoid sugary treats. There is no cure for insulinomas and the treatment modality chosen must be tapered for each individual. Close monitoring and frequent blood glucose checks are required for long term management.

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VPL boasts some good blogs

Let's talk blogs. VPL has some good ones.

Our YS librarian Joyce Laiosa writes the Pied Piper (of books) where young people, parents and teachers can learn about great books, curriculum tie-ins, DVDs and music CD in the youth services department. Joyce's topics in January were Young Adult Literature and the 2010 award winners.

2011 is the 20th



anniversary of The Every Other Thursday Night Poets, who have been meeting at the library since 1991. The EOTNP blog, written by coordinator Barbara Vink (that's me) is a reflection of the eccentricities one would expect from a gang of poetic types. Each

meeting is recapped, as well as upcoming events, party photos, biographies of members and pithy sayings.

Passion Postings is a very pink blog written by Macaire Hill for (I'm guessing) female readers who groove on those steamy romances with the bare-chested men pictured on the book cover. It contains a long list of favorite authors

and current featured recommendations.

As well as writing the Nimblefingers blog, Julie Stump is in charge of Film Beat, the only place in town to go for movie recommendations. Julie is knowledgeable and eclectic in her taste and her enthusiasm for films knows no bounds. You'll get some good reviews and suggestions here.

Barbara Vink

Library brings books to people

"Books to People" is our free library delivery service provided for patrons living within the Bethlehem Central School District who are unable to visit the library. Selected materials from our collection are delivered every other week by the Bethlehem Public Library van.



Choose from a wide variety of new and classic fiction and nonfiction in several formats: large-print, audiobooks and Playaways. (A Playaway is an audiobook and player in one neat package.) You can also choose magazines.

Our music CDs encompass everything from classics to jazz, rock, pop, folk and world music. You can also borrow DVDs: feature films and documentaries, or health, travel, and how-to films.

You qualify for this service if you live in the Bethlehem Central School District and if you have a permanent or temporary physical disability or medical condition that prevents you from coming to the library. There is no age restriction. The library van will make deliveries to your home every two weeks and pick up materials ready for return.

To request the Books to People delivery service for yourself or someone you know, call the library at 439-9314. A member of our staff will take your name, address and phone number, ask about what you would like to receive, and set up a delivery schedule. Deliveries will begin shortly after your request is processed.

Hiking Grand Teton

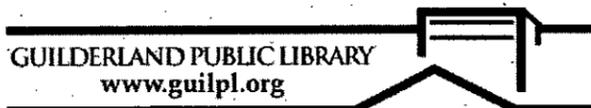
This Sunday, Feb. 6, at 2 p.m., mountaineer and Delmar native Tom Denham will give us a look at his latest climbing expedition to Grand Teton in July of last year. He and his guide successfully reached the summit of the 13,775-foot peak the day after witnessing the most complex rescue operation on the mountain in more than 80 years.

Louise Grieco

All library programming is free and open to the public. The Bethlehem Public Library is located at 451 Delaware Ave., Delmar. For information, call 439-9314.

Library to unveil Lincoln exhibit

On Tuesday, Feb. 1, at 7 p.m., dignitaries from throughout the Capital District will gather at the Guilderland Public Library to hold a ribbon-cutting ceremony for a museum-quality exhibit on the life and presidency Abraham Lincoln, a humble man who on taking office 150 years ago this March was immediately confronted with the task of trying to hold our young country together.



The library is one of only 40 venues throughout the country to host this traveling exhibit, "Abraham Lincoln: A Man of His Time, A Man for All Time." The dedication will have an authentic Civil War feel as the 125th New York Regimental Association, a group of dedicated Civil

War re-enactors, will be the color guard for the ceremony.

The dedication is just the first event in a months-long series of themed programs the Library is holding. Other major events include a February 13 concert

"Irish Songs of the American Civil War," a Feb. 17 presentation of actual photos taken at Lincoln's funeral, and a March 4 reception and author talk by Harold Holzer, co-chairman of the Abraham Lincoln Bicentennial Commission and author, co-author, or editor of some 31 books on Lincoln and the Civil War era.

Mark Curiale

Remember, storytimes follow school schedule

As the wintry days just keep coming, the library's storytime staff would like to remind families of our snowy day policy. Library storytimes follow the RCS School District's closings - if RCS School District is delayed two hours or is closed, there will be no library storytime. On

those days, have a great romp in the snow with your kids and then curl up with a book.

Book group

Our evening book group will be reading "Yes My Darling Daughter" by Margaret Leroy in February. A

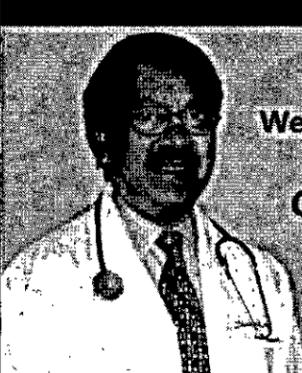
RCS COMMUNITY LIBRARY

murder mystery set in England and Ireland; reviewers find this book realistic and intriguing. The group will meet on Tuesday, Feb. 22, at

6:30 pm in the Library Annex.

All library programming is free (unless otherwise noted) and open to the public. RCS Community Library is located at 15 Mountain Road, Ravena. For information, call 756-2053 or visit www.uhls.org/RCSCL/.

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Dr. Divakara joins us from The Stratton Veterans Affairs Medical Center. He has extensive experience presenting on topics relating to his specialized field of adult medicine and makes it a point to practice both evidence and experience-based medicine. Dr. Divakara has served as the Chairman of numerous quality control committees throughout his career and has participated in clinical research studies and publications on topics including hypertension, and disease prevention and screening.

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Seniors, come get 'Shipwrecked'

It's time for a show. Come to Capital Repertory Company on Wednesday, Feb. 9, at 10 a.m. for "Shipwrecked", a story about Louis Rougeant's youthful voyage upon the high seas during which he was marooned on a Coral Sea island. It's a story of bravery, survival and celebrity. We will have lunch after the show at Panera Bread in Glenmont.

The cost for the show is \$10, check payable to the Town of Bethlehem. Lunch is on your own. Demand has been high and we are now creating a wait list so call 439-4955, ext. 1176, if you are interested. Senior transportation will leave Town Hall at 8:45 a.m. Suggested van donation: \$5. Home pickup is available on a prearranged basis.

Tax counseling

A.A.R.P. tax counseling is available from Feb. 1 to April 12 from 9:00 am to 3:00 pm by appointment at the Bethlehem Town Hall. Call 439-4955, ext 1176 to make an appointment. Bring copies of your 2009 Federal and State returns, your 2010 W-2 and 1099 Forms and receipts for contributions,



interest, medical bills and property/school taxes.

Program highlights

Monday, Feb. 7

• Shopping Center Trip to Colonie Center and Northway Mall. Shake that cabin fever and get out to the mall!! Call 439-5770 to make a van reservation.

Tuesday, Feb. 8

• Seniors in Motion: A low level fun aerobic exercise class to music. Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 9-10 a.m. No registration is necessary. \$3 fee per class.

Wednesday, Feb. 9

• Senior grocery shopping for residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose Manor. For reservations, call 439-5770.

Thursday, Feb. 10

• Senior Legal

Services Program This free program, staffed by the Legal Aid Society, is available between 10:30 pm and noon. It provides legal service for residents of Albany County who are 60 years of age or older. Call 430-4955, ext 1176 for an appointment.

• Senior grocery shopping for residents of Glenmont, Selkirk, and South Bethlehem: For reservations, call 439-5770.

• Bethlehem Senior Citizens Club meets for an enjoyable afternoon of games and socializing at the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar at 11:30 am-3:30 pm. We play bridge, mah jongg, bingo and pinochle. All seniors are welcome. Bring a sandwich and join others for lunch if you wish.

Friday, Feb. 11

• "Ten Things to Know about your Prescriptions", presented by John Croce, R.Ph., Four Corners Pharmacy. Learn what questions to ask your pharmacist before you leave the store and how to keep your medications safe.

The program runs from 1:00 pm to 2:00 pm at the Town Hall Auditorium. Join us for lunch before the program at the Windowbox Cafe in Slingerlands, cost on your own. Enjoy the program only, no reservations needed or call 439-4955, ext. 1176 to make a reservation for lunch.

• Seniors in Motion: A low level fun aerobic exercise class to music. Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 9-10 a.m. No registration is necessary. \$3 fee per class.

• Senior grocery shopping for residents of Good Samaritan Senior Housing and Van Allen Senior Apartments. For reservations, call 439-5770.

For information on the above or a list of additional activities, call the Bethlehem Senior Services Office at 439-4955, #1176.

Wilma DeLucco,
Bethlehem Senior
Projects, Inc. Board
Member

Luncheon planned

Seniors are invited to a luncheon and concert on Tuesday, March 15, at noon at The Italian-American Community Center.

The dining choices are corned beef and cabbage or chicken parmesan.

An \$18 donation per person is requested. Checks can be made payable to Cluster II.

Transportation request is available upon request. Tickets are on sale Feb. 8 to March 8.

Monday, Feb. 14

Scheduled Shopping 9 a.m. Aerobics

10:30 a.m. Sr. OsteoBusters

10:30 a.m. Sr. Fitness

1:30 p.m. OsteoBusters

Tuesday, Feb. 15

9 a.m. OsteoBusters

11:30 a.m. Luncheon: Swedish Meatballs or Cold Plate

12:30 p.m. Bingo/Games/Billard

Town of Guilderland SENIOR CALENDAR

Wednesday, Feb. 16

Scheduled Shopping 9 a.m. Line Dancing.

10:30 a.m. Sr. Fitness

1 p.m. Needlecraft

1:30 p.m. OsteoBusters

Thursday, Feb. 17

Scheduled Shopping 9 a.m. Osteobusters

9 a.m. Aerobics

9:30 a.m.-1130 a.m. Medicaid, Legal Help & Blood Pressure

1 p.m. Pinochle/Mahjongg

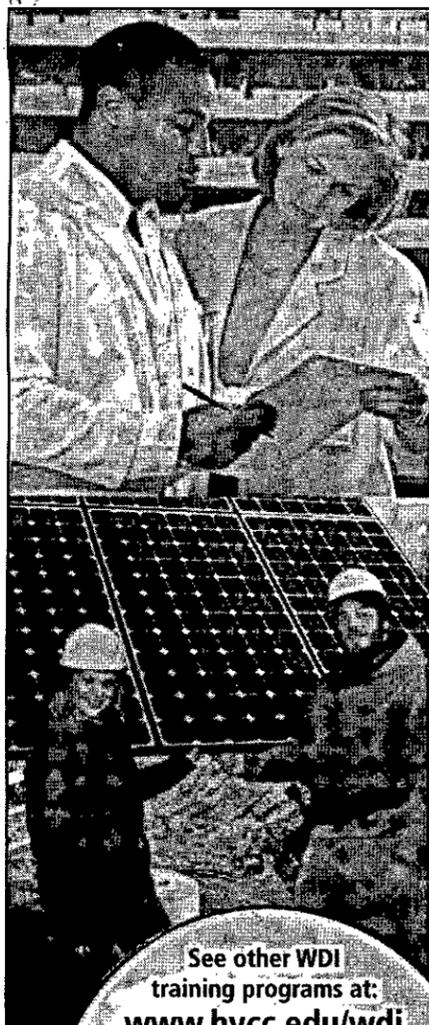
Friday, Feb. 18

Scheduled Shopping

10 a.m. Painting

10:30 a.m. Bridge

1 p.m. Quilting



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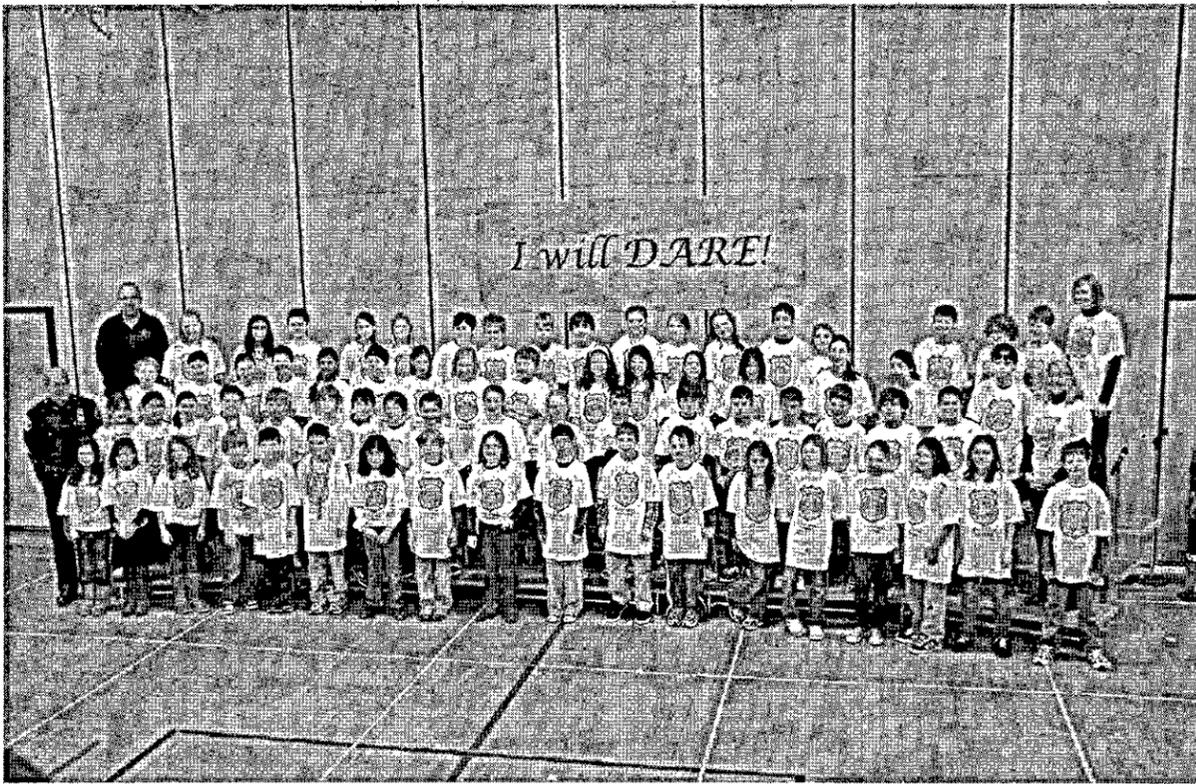
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Clifton Park seeks workers

Each year, the Town of Clifton Park's Office of Parks, Recreation and Community Affairs hires about 180 seasonal staff members to work at the town's summer camps, pools, golf course and skate park.

Applications are available online and in the Office of Parks, Recreation and Community Affairs. Summer camp staff members must be at least 16, skate park attendants must be at least 18 and lifeguards must have certification and be at least 15.

Interviews for all available positions will be held January through March. For more information, contact the town's Office of Parks, Recreation and Community Affairs at 371-6667 or parksrec@cliftonpark.org.

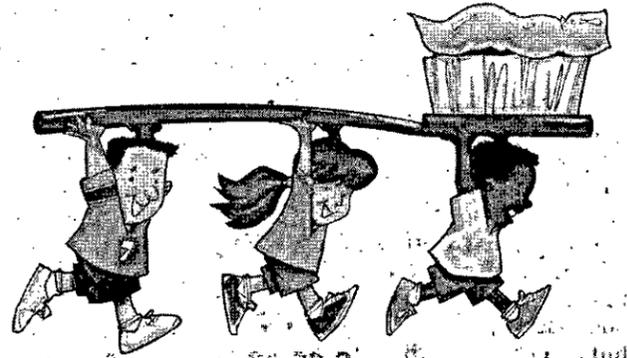


A Daring class

On Wednesday, Jan. 26, the fifth-grade class of Slingerlands Elementary School graduated from the DARE program, led by officer David Harrington of the Bethlehem Police Department.

Submitted photo

National Children's Dental Health Month



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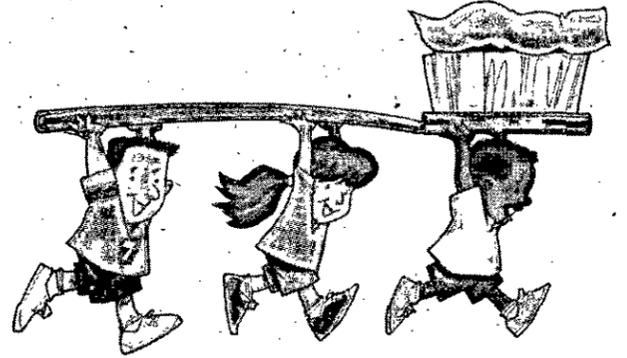
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National Children's Dental Health Month



Knowledge is power when it comes to healthy dental care for babies

Milk, formula and fruit juice are nourishing liquids for your baby, but each contains sugar and can cause decay in your infant's teeth.

Doctors call this condition baby bottle tooth decay or early childhood caries.

Of course, it's important that your baby have these liquids, but it's **WHEN** you give your baby these foods that can make a difference in the health of your child's teeth.

What Causes Baby

Bottle Tooth Decay?

- When germs that normally live in the mouth are exposed to sugar, they make an acid that eats away the enamel of the teeth, causing decay.

- Frequent, prolonged exposure of a child's teeth to milk, formula, fruit juice or any other sweetened liquids.

- Giving a baby a pacifier dipped in honey or syrup.

- Be vigilant about foods served. Limit sugar-laden foods and drinks.

Why is Baby Bottle Tooth Decay Bad for Children?

- It can cause painful toothaches.

- It can result in feeding and nutritional problems.

- In some cases, it may lead to middle ear infections.

- It can destroy baby teeth that are critical to speech and the development and alignment of the permanent teeth.

Your infant is relying on you to establish healthy dental care routines. Schedule a dental visit by his or her first birthday. Be vigilant about foods served—limit sugar-laden foods and drinks.

How Can Baby Bottle Tooth Decay be Prevented?

- Don't put your baby to bed with a bottle filled with milk, formula or fruit juice.

- If you must use a bottle at nap or bedtime,

fill it only with water.

- Don't offer your baby a pacifier dipped in anything sweet.

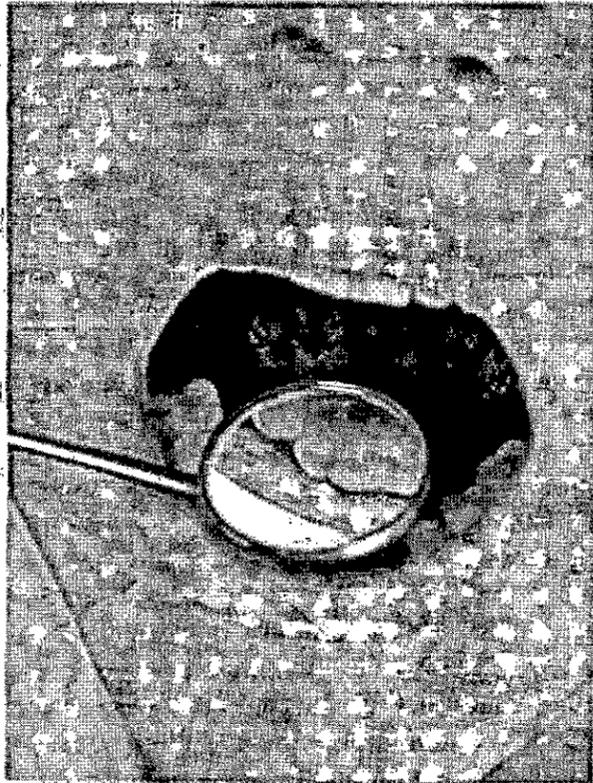
- Wean your baby from the bottle sooner than later. Start to offer a cup at 6 months of age and wean your child from the bottle by about 1 year of age.

- Don't let your child walk around with a bottle. Always hold your baby when bottle feeding and remove the bottle when the

baby falls asleep.

- After regular feedings and snack times, wipe your child's teeth and gums with a damp washcloth. You can begin brushing your baby's teeth with a small toothbrush as soon as the first tooth appears.

Mothers who are breast feeding are reminded that a baby is also at risk for decay when the baby nurses continuously during naps or at night.



Protect Your Baby's Precious Smile

Milk, Formula, Fruit Juice...
...nourishing liquids for your baby, but each contains sugar and can cause decay in your infant's teeth. Doctors call this condition Baby Bottle Tooth Decay, or Early Childhood Caries. Of course, it's important that your baby have these liquids, but it's **WHEN** you give your baby these foods that can make a difference in the health of your child's teeth.

Calling for the Perfect Smile in All of Us
A message from members of the
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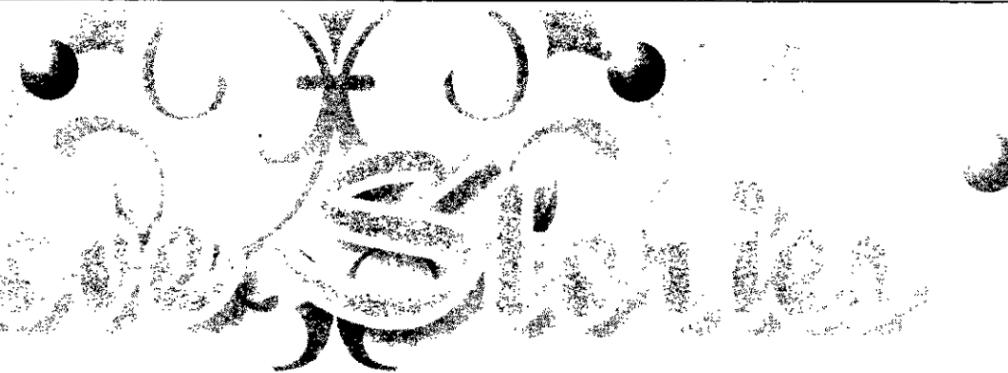
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by Brian Fitzgerald

If you were to find a similar story today, it would likely involve e-mails or a webcam transmission, but Robert Dumas did it the old fashioned way back when he was in the Navy.

When Dumas, now 74, was shipped off to Turkey just before he turned 20 to serve his country he sent letters to family and friends back home in his spare time.

"When you spend two years in Turkey, you start to write to everyone," Dumas jokes.

One of those friends was Eileen Malis, his friend from Mount Pleasant High School in Schenectady.

As they wrote back and forth, their relationship began to blossom into something bigger.

Richard was a disc jockey for one of the military radio stations and Eileen would call up and request songs.

They began dating upon Richard's return.

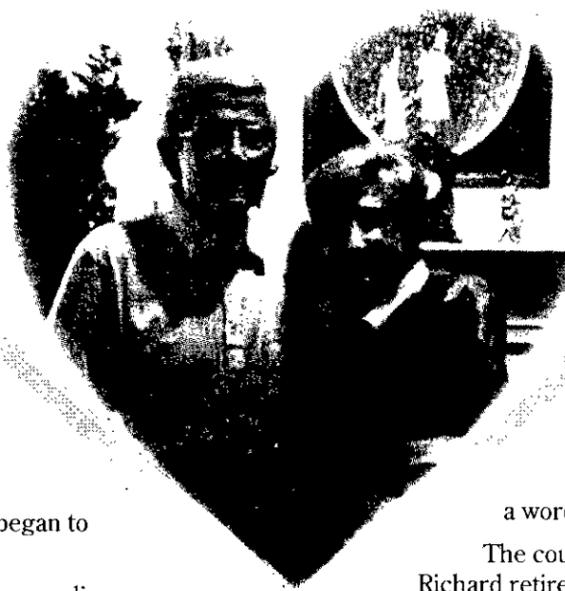
They were married a few years later in 1960.

This past April, the Richard and Eileen Dumas celebrated their 50th wedding anniversary.

"I never would have thought it would lead to (marriage)," Richard says.

The couple was married on a cool, rainy April morning at St. Adalbert's Church in Schenectady in a brisk ceremony that started at 9 a.m.

"Their was another event going on later that afternoon," Eileen says, "so we had to be out of the church by ten."



"It was a big ceremony. I think (Eileen) had...14 people in her party," Richard jokes.

"It was an interesting ceremony," he says with a chuckle. "And it was a good Polish wedding, which made it even more interesting."

Richard didn't even say a word when he proposed. The couple was sitting in Eileen's living room one afternoon after Richard came home from Maine, where he was stationed at the time, when he simply smiled and handed her an engagement ring.

"I was speechless," Eileen says. "He didn't say a word either."

The couple has been living in Glenville for 14 years. Richard retired after working for several Schenectady outfits including General Electric.

Eileen has been retired for several years as well after switching back and forth between stay at home mom for their five children and several jobs.

The Dumas' have five grandchildren as well.

They say the key to having a marriage sustain over five decades is the simple things.

"Never go to bed mad," Richard says. "A kiss a day can work wonders too."

But the real key, says Richard, is to just keep the marriage fun.

"You have to have a sense of humor," he says. "It's very important to have that sense of humor between the two of you. It can go a long ways."

"Love Stories" is an ongoing feature in The Senior Spotlight

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Interfaith symposium seeks peace and harmony

Ahmadiyya Muslim Community Center aims to increase understanding

ANDREW BEAM
beama@spotlightnews.com

Pushing for more understanding among religions, the Ahmadiyya Muslim community of Albany held an interfaith symposium on Sunday, Jan. 30, at the Hindu Community Center on Albany-Shaker Road in Colonie, with several religious leaders from the region participating.

The seminar, titled "In Pursuit of Peace and Harmony," brought together religious leaders of Christian, Muslim, Hindu, Buddhist, Jewish and Sikh backgrounds with the goal of promoting social and spiritual peace.

Paul Monshin, founder of the Tendai Buddhist Institute in Canaan, said he believes the country is going through a phase of Islamophobia, but, he said, "at some point the focus could shift, making Buddhists or Jews into scapegoats."

"People are trying to find someone at fault," he said. "They [Muslims] seem to be a handy target."



Rabbi Yaakov Kellman, left, and Naseem Mahdi, vice president of the Ahmadiyya Muslim community, sit among an audience of 300 "seekers after truth" at the Albany Interfaith Symposium on Sunday, Jan. 30.

Submitted photo

Monshin acknowledged the many differences between faiths, but said that when one is attacked, then all of them are, creating a sense of unity among them.

"We live in a Christian society, and that's fine," he said. "Today, it happens to be Muslims. Tomorrow it could be Greek Orthodox."

"Making a special visit to the region was Naseem Mahdi, national vice president and missionary-in-charge of the American

branch of the Ahmadiyya Muslim Community. He believes that there is a level of distrust of Muslims in the United States and that holding such a conference is necessary at this time.

"They have fear," he said of some Americans. "When asked if they would like to have a Muslim as a neighbor, some said no. They questioned their loyalty."

Talking about the many common misconceptions regarding his faith, Mahdi said that the Quran, the

sacred text of the Islamic religion, is about peace and harmony as opposed to violence. While there are passages about bloodshed and war, Mahdi said they should be taken in the full context of which they were intended.

In the Quran, the prophet Muhammad Ibn Abdullah was brutally persecuted during the first 13 years of his ministry, and many of his followers were murdered in the streets of Mecca. After

□ Peace Page 18



Nyla Khan recites a peace poem, written specifically for the interfaith symposium.

Submitted photo

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Guilderland schools to hold Community Conversation

On Monday, Jan. 10, the Guilderland Central School District held its first of two Community Conversations on the 2011-12 budget. More than 130 district residents and staff members attended the event, which gave an overview of the district's current financial situation as well as the financial outlook for the coming year.

In addition, attendees participated in a small group activity and shared which district programs and services they felt were of highest value to students, as well as which items they might be willing to "re-think" or sacrifice in order to keep those things that they

most valued.

Feedback from that event provided valuable information for the Board of Education and district administrators regarding the priorities of the school community. It also began a dialogue about the "pros" and "cons" of the choices.

The district would like to invite all district residents and school community members to attend a second Community Conversation, focusing on "Difficult Choices." The event will be held on Monday, Feb. 7, in the Guilderland High School LGI from 7 to 9 p.m. and is open to all. The snow date is Feb. 8.

The evening will begin

with a brief presentation on the latest financial figures for the district following the anticipated release of the governor's budget on Feb. 1. Attendees will then break into small groups to discuss several areas identified for potential change in 2011-12 as derived from the Jan. 10 community event as well as from input from district administrative staff members. Discussions will focus on the financial and programmatic implications of maintaining or eliminating identified programs and services.

For more information, or to RSVP, visit www.guilderlandschools.org.



The Buddhist representative speaks as people representing Christianity, Judaism, Hinduism, Sikhism and Islam look on.

Submitted photo

Peace

(From Page 17)

fleeing 350 miles away to Medina where he was accepted, he was still being attacked by people from Mecca, forcing him to defend himself and his people.

"So when you see some of the verses there - 'you kill those who are killing you' - you have to take it in that context there," Mahdi said.

He said that with acts of terrorism such as the events of Sept. 11, 2011, and the terrorism in the Middle East, many of them described as a "jihad," the

term has become skewed as an act of violence.

Mahdi said the term means "struggle" or striving for a good cause. The largest jihad, though, is against a person's evil cravings.

"Then jihad, in the teaching of the holy Quran, says it is wrong to compel people to accept Islam, but rather promote the goodness and promote the beauty of your religion," he said. "The third type is to defend yourself, your faith and your community."

With these symposiums, Mahdi said he hopes there is discussion of commonalities between the religions that helps to

develop harmony between them, such as the fact that Muslims believe in Jesus like many of the other religions.

But Monshin said he would more so like to admire the differences of the religions and look toward the common goals each faith has.

"In January, I asked my sangha [Buddhist congregation] to participate in mindfulness studies," he said. "In being mindful, Muslims do their five prayers a day. We can learn the wisdom of doing it five times a day, but still learning mindfulness."

One of the main differences between the Islamic religions and the Buddhist religion is the belief in one God versus many. Islam is monotheistic, but Buddhists believe in several gods, having more in common with the Hindu religion.

"I think the commonalities are not in the practices or in the values," Mahdi said. "I think part of the problem is we treat spiritual paths and conceptualize them as a box that's aside from the rest of our life."

Monshin said he uses these interfaith symposiums to truly expand his spiritual horizons and put different people's beliefs through a different lens.

"I think it's really useful for symposiums for each person presenting a view on peace and harmony and how it comes in the form of their own faith and religion in a way that's contextual and that's disembodied by a search on the Internet," he said. "I look forward to them."

Mahdi said when he speaks at conferences about his religion and its scripture, many Christians come up to him afterwards to tell him they have learned something new.

"Many of those who are Christians in the audience come and say that they have never heard before that we are true believers of Jesus Christ," he said. "This is the value of the whole effort on our part."

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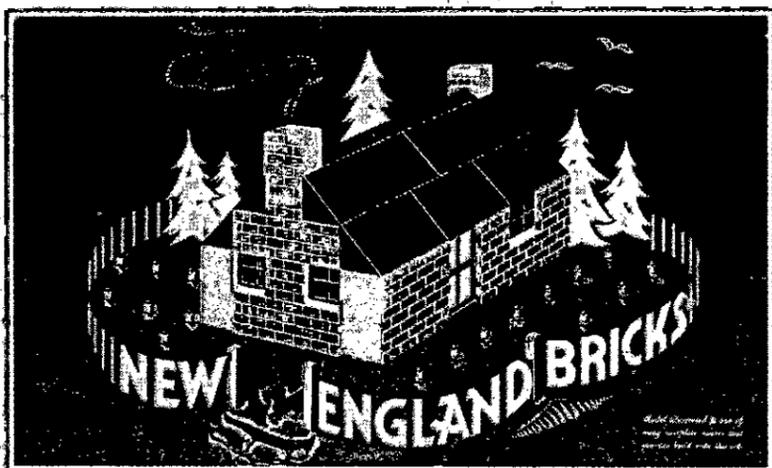
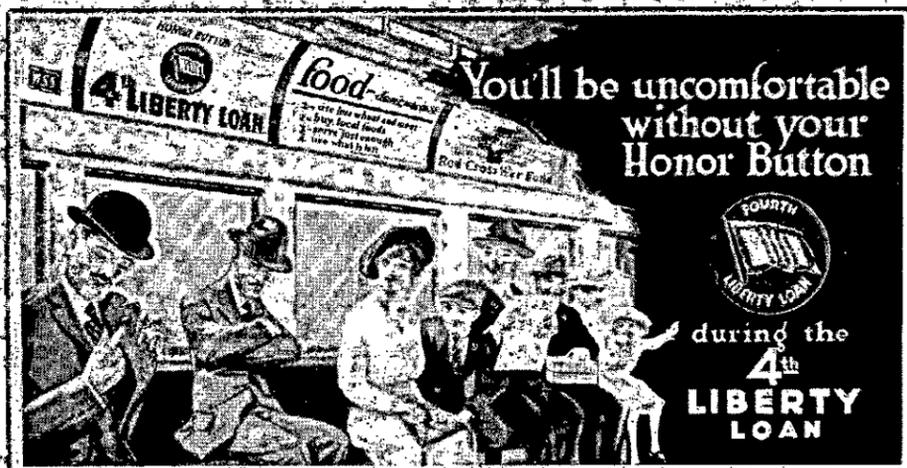
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Entertainment in the Spotlight



Submitted photos

Left: This ink and paper Liberty Loan advertisement, circa 1917, is included in the Albany Institute of Art and History's upcoming exhibit. Right: Hajo Christoph created the packaging for these "New England Bricks," produced by the Albany-based Embossing Co. in the early to mid-1900s.

By JACQUELINE M. DOMIN
dominj@spotlightnews.com

GRAPHIC DETAILS

New exhibit at Albany Institute features designs from the past

As an art form, graphic design really hasn't gotten its due, Doug McCombs says.

McCombs, a curator at the Albany Institute of History and Art, isn't the only one who thinks so. He recently read a story about how the Museum of Modern Art in New York City accepted 23 digital fonts into its collection. Curator Paola Antonelli said the acquisition was important because there was a gap in the museum's holdings when it came to graphic design.

In the case of the Albany Institute, it had plenty of examples of graphic design, but there had never been a display or exhibit dedicated to it.

Until now.

On Saturday, Feb. 5, the institute will open a new exhibition entitled "Graphic Design—Get the Message." It will focus on four themes: typography and early printing; commerce and graphic design; political and social messages; and the creative process.

Graphic design, McCombs says, is everywhere. He points to people's morning cups of coffee emblazoned with the Starbucks logo and the flags atop the newspapers they read. In fact, graphic design is so prevalent, McCombs thinks, that people rarely stop and contemplate it.

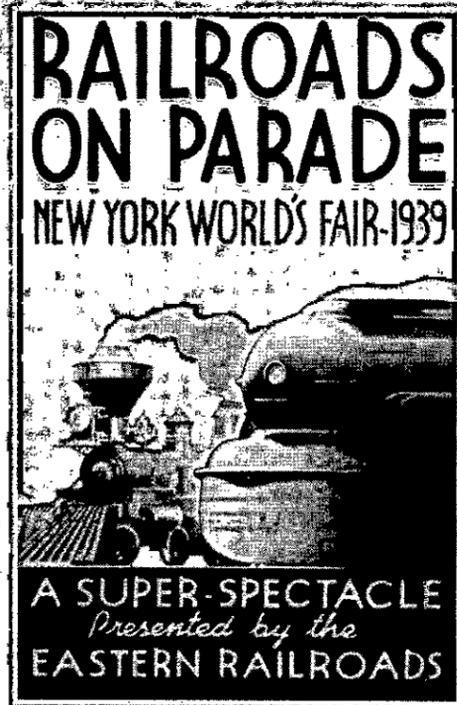
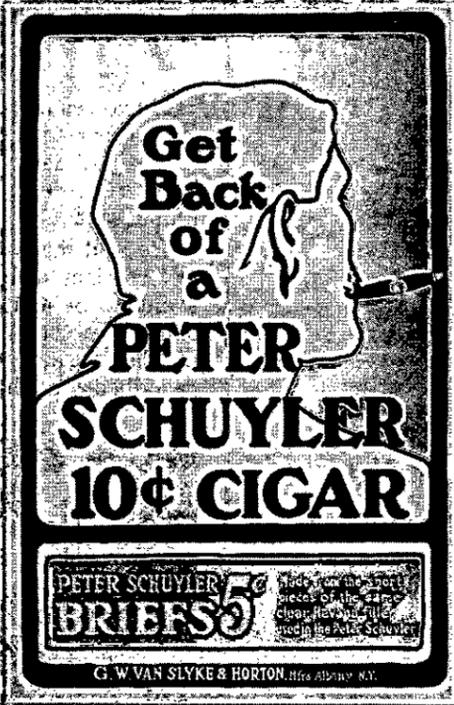
"It's something we take for granted," he said.

Staff at the institute started thinking about putting together an exhibit on graphic design when it received two collections that were heavy on the medium. The first centered on Hajo Christoph, an immigrant from Berlin who worked at the Fort Orange Paper Co. in Castleton. Considered something of a graphic design pioneer, Christoph created "just very eye-catching" products for the company and other manufacturers, McCombs said.

The second collection was 80 games and toys in their original boxes from the Albany-based Embossing Co., which was founded in 1870. The company's trademark products were checkers, alphabet blocks and dominoes, McCombs said.

"They never really changed their product, but they changed the package design to entice new generations," McCombs said.

That speaks to the underlying message of the graphic design exhibit.



Left: This woodblock print on paper advertising cigars was made sometime between 1900 and 1910. Right: Leslie Ragan created this chromolithograph of "Railroads on Parade" to tout the New York World's Fair in 1939.

"It's not just a pretty display," McCombs said, noting that graphic design has been used for everything from selling products to touting political views to promoting social issues. The display will include posters, broadsides, package designs, paintings, decorative arts and historical photographs.

Although some things in the exhibit are national in scope—for instance, there are more than 800 World War I posters collected by Cuyler Reynolds, the institute's curator at the time—most have deep Capital District roots. And McComb pointed out that while the exhibit stretches back some 400 years, it also has a heavy modern influence.

Vicarious Visions, a local video game manufacturer, and Spiral Design Studios in Cohoes both contributed to the exhibit and will host a free presentation on

graphic design in March. The two companies underscore the fact that graphic design is no longer limited to print.

"It's animated and it's interactive," McCombs said.

Students and faculty at The College of Saint Rose, which boasts one of the nation's highest rated graphic design programs, also had a hand in the display, which was exciting for both sides.

"They never get a chance to see real examples of graphic design," McCombs said. "Everything is in textbooks or slide shows. To see how things are printed and designed just doesn't happen."

Or, at least it didn't. The institute show will run through June 5 and will regularly feature speakers, workshops and presentations. A complementary exhibition, "Hajo: An Artist's Journey," opens on Saturday, March 5.

In each case, beyond the messages are exhibits that McCombs could only describe as "beautiful."

"It's just a treat for the eyes," he said.

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Toy blocks were one of the Embossing Co.'s signature items, with only the packaging changing through the years.

Arts and Entertainment

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SHIPWRECKED

Based on the adventures of Louis de Rougemont, presented by Capital Repertory Theatre, 111 North Pearl St., Albany, through Feb. 13, call for ticket prices. Information, 445-7469.

THE SWEEPERS

John C. Picardi's first play about the Italian-American experience in the 20th century, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through Feb. 12, \$20. Information, 877-7529.

Music

MARK BAPTISTE

Original mix of folk, traditional and American pop, Feb. 3, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

EMERALD DAWN

Acoustic Celtic duo, Feb. 4, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

BRIAN PATNEAU DUO

Local jazz man, Feb. 4, 7:30 p.m., One Caroline, 1 Caroline St., Saratoga Springs, free. Information, 587-2026.

MARTHA GALLAGHER

Singer and harpist, Feb. 4, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$15, door price \$17. Information, 583-0022.

M.R. POULPOULOUS & FRIENDS

Rootsy singer-songwriter, with special guest Courtney Blackwell, Feb. 4, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

THE JAZZ CONNECTION

Local trio, Feb. 5, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

ANGEL BAND

All-female Americana trio, with special guest Andrea Ramolo, Feb. 5, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$18, door price \$20. Information, 583-0022.

ERNE WILLIAMS BIRTHDAY BASH

Capital District bluesman celebrates his 86th birthday, Feb. 5, 8 p.m., WAMC Performing Arts Studio, 339 Central Ave., Albany, \$18. Information, 465-5233, ext. 4.

LIFE HAPPENS

With Half Way to Washington and The Darwins, Feb. 5, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

THE CALLEN SISTERS

Family duo celebrating release of new CD, Feb. 6, 7 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$12, door price \$14. Information, 583-0022.

Comedy

MOP AND BUCKET COMPANY

Weekly show of improvised comedy and music, Feb. 4, 8 p.m., Proctors Underground, 432 State St., Schenectady, adults \$14, students/seniors \$6. Information, 346-6204.

Dance

TANGO FIRE

Argentinian dance troupe, Feb. 4, 8 p.m., The Egg, Empire State Plaza, Albany, adults \$28, seniors \$24, children \$14. Information, 473-1845.

Visual Arts

NEW YORK STATE MUSEUM

"Wish You Were Here! New York State Photographed by You," through March 3; "Not Just Another Pretty Place: The Landscape of New York," through March 3; "Citizen Soldier," through March 31; "Farmers, Warriors, Builders: The Hidden Life of Waris," through April 10; plus "Beneath the City: An Archeological Perspective of Albany," permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF ART

"Bill Sullivan: A Landscape Artist Remembered," through Feb. 27; "Curator's Choice: Recent Acquisitions," through June 5; plus "The Folk Spirit of Albany: Folk Art from the Collection of the Albany Institute of History and Art" and exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

ALBANY AIRPORT GALLERY

Installations by Paul Katz, Harry Leigh, Harold Lohner, Lillian Mulero, Ken Ragsdale, Nancy Shaver and Joy Taylor. Information, 242-2243.

ALBANY ECO GALLERY

"Eco Primitive Eco Surreal. Thomas D'Ambrose and RADICAL!" through Feb. 12, 39 Columbia St., Albany. Information, 462-4775

ARTS CENTER OF THE CAPITAL REGION

"Andrea Hersh: Flora & Fauna," through Feb. 26, "Vignette," through March 20, 265 River St., Troy. Information, 273-0552.

CLEMENT ART GALLERY

"Appreciations," fine printed and handmade paper collages by Channing Lefebvre, through Feb. 24, 201 Broadway, Troy. Information, 272-6811.

CHAPEL + CULTURAL CENTER

Presenting the Blind Artists Society's exhibition featuring works by Emilia Beer, Jonathan Beer, Anne Carrabis, Aileen Cinquemani, Bill Edmonston, Joel Foster, Barbara Garro, Ian McKay, Dick Morrill, Barbara Romain and Arlissa Vaughn, through Feb. 25, 2125 Burdett Ave., Troy. Information, 274-7793.

NATIONAL MUSEUM OF DANCE

"Postage Paid: Dance Around the World," through fall 2012; "In a Labyrinth: The Dance of Butch," through March, "A Midsummer Night's Dream," through May; plus a Michael Jackson tribute, a "Dancing with the Stars" exhibit and the C.V. Whitney Hall of Fame, 99 South Broadway, Saratoga Springs. Information, 584-2225.

LOCAL COLOR ART GALLERY

"Got Color!" through Feb. 28, 1138 Troy Schenectady Road, Latham. Information, 786-6557.

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"The Syracuse Mile," featuring two of the central New York's famous stock cars; plus ongoing exhibits including "East of Detroit" and New York racing, 110 Avenue of the Pines, Saratoga Springs. Information, 587-1935, ext. 20

SCHENECTADY MUSEUM AND PLANETARIUM

"Our Favorite Things," through April 23; plus "FETCH! Lab" and "Fueling the

Future," ongoing, Nott Terrace Heights, Schenectady. Information, 382-7890.

TANG TEACHING MUSEUM AND GALLERY

"The Jewel Thief," through Feb. 27; "Paula Hayes: Understory," through April 1; Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

THE HYDE COLLECTION

"Objects of Wonder and Delight: Four Centuries of Still Life from the Norton Museum of Art," through April 21; 161 Warren St., Glens Falls. Information, 792-1761.

CLARK ART INSTITUTE

"The Strange World of Albrecht Durer," through March 13; "Eye to Eye: European Portraits 1450-1850," through March 27, 225 South St., Williamstown, Mass. Information, (413) 458-9545.

MASS MOCA

"Everything That Rises Must Converge," through February, plus "Material World: Sculpture to Environment," through Feb. 27; "one floor up more highly," an installation by Katharina Grosse, through October; "Ruse," through Dec. 31; "Sol LeWitt: A Wall Drawing Retrospective," ongoing; 87 Marshall St., North Adams, Mass. Information, (413) 664-4481.

ARKELL MUSEUM

"Look With Your Own Eyes. Landscapes, Portraits & Pastimes in American Paintings," through February; plus "Arkell's Inspiration: the Marketing of Beech-Nut and Art for the People," ongoing; Canajoharie. Information, 673-2314.

Call for Artists

THE CHORALIERS

Musical group looking for singers of all abilities, performing concerts at Christmas and in the spring, pieces are familiar and fun to sing, no auditions are necessary, practices are 6:30 p.m. Wednesdays at Saint Clares' Chapel, McClellan Street, Schenectady.

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Openings in the string, horn and percussion sections. Information, 439-7749.

COLONIE TOWN BAND

Several openings, rehearsals on Mondays at 7:30 p.m. at town hall, Route 9, Newtonville. Information, 783-2760.

COLONIE CENTENNIAL BRASS CHOIR

Openings for brass players, rehearsals on first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

SUBURBAN SOUNDS COMMUNITY CHORUS

Openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynwood Reformed Church, Route 146, Guelderland. Information, 861-8000.

FRIENDSHIP SINGERS

Openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Delmar Reformed Church, Delaware Avenue, Delmar. Information, 439-2360.

SIENA CHAMBER ORCHESTRA

Rehearsals Thursdays at 7:30 p.m., Siena College, Route 9, Loudonville. Information, 783-2325.

THE ORCHESTRA ON THE COMMON

Openings in the string section, also need French horn, trombone, flute and bass drum players, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information 372-5146.

ELECTRIC CITY CHORUS

Mate singing group, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information 399-1846.

Spotlight *on poetry*

This month's column is sponsored by *The Spotlight Newspapers* and the Hudson Valley Writers Guild. For information, visit www.spotlightnews.com or www.hvwg.org.

Thank You, Birds
by Donald G. Harmande

I'd given up hope for sunflowers to grow,
all does not reap from what one sows.
Flowers when seedlings, tidbits for wild life
disappear before they are ripe.
But then there can be a surprise

and things once thought lost can be reprised.
Seeds sown in secret enhance a plan
God has designed since time of man.
All things planned might not develop;
but good things with faith often might turn up.

As we slog through another long winter, this poem gives us a glimpse of what might be developing underground. The traditional form this poem follows, with rhyming couplets, allows for the traditional themes of faith and hope, and even the historic/biblical reference to man for humanity.

Donald G. Harmande lives in Clifton Park and works part-time for a health care facility. He writes poetry to express his philosophical views and values taught by his beloved mentor, his grandmother.

Weekly Crossword

QUIPS AHOY

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64								65				66	

ACROSS

- 1 Repeat
- 5 Person of the Year mag
- 9 Brazilian state
- 14 Runabout, e.g.
- 15 Mayberry character
- 16 Wherewithal
- 17 Result of a freighter/quay collision?
- 19 Habeas corpus, et al.
- 20 Bar order
- 21 Stew pod
- 22 Stitch
- 24 Harbor marker, to a Dixie seafarer?
- 28 Serving stand
- 30 Abraded
- 31 Italian museum contents
- 32 Sleep disorder
- 34 ___ long way: last
- 37 Harbor commission?
- 41 That ship
- 42 "The Woman ___"
- 43 Wilder comedy
- 43 Compulsion
- 44 Play opener
- 45 Containing ginseng

DOWN

- 47 When longshoremen relax?
- 52 Individual
- 53 Concerning grades K-12
- 54 Expose
- 56 Seafood order
- 58 Harbormaster's edict to smugglers?
- 61 Twins great Puckett
- 62 Getting ___ years
- 63 Indian tourist stop
- 64 ___ Hall: New Jersey campus
- 65 Mousses
- 66 Forget it, Feodor!
- 13 Evaluate
- 18 Hurricane of '89
- 22 Skin infection
- 23 Otherworldly
- 25 Held title to
- 26 Movie theater name
- 27 Lackluster
- 29 Apiece
- 32 Mai preceder
- 33 Treat with a crust
- 34 The study of trash
- 35 Comiskey instrument
- 36 Fred Astaire's sis
- 38 Fattening
- 39 Within: prefix
- 40 "___ Mutual Friend"
- 44 Hands-on-hips
- 45 Refuges
- 46 One having a look-see
- 47 Poop and promenade
- 48 Fran's pal
- 49 List of hit songs
- 50 Actress Papas
- 51 Troublemaker
- 55 "I'm ___": Chicago tune
- 57 Tax or thesis lead-in
- 58 Holiday drink
- 59 Vein contents
- 60 Tattle

Milestones

Ertel, Theresa

SLINGERLANDS - Theresa Rita Ertel, 85, passed away peacefully Thursday January 27, 2011 at her home surrounded by her loving family.

Theresa was born September 14, 1925 in Norwich, NY to the late Margaret Mary and Stanley Redfield. She was a resident of Slingerlands for the last 62 years and worked for NYS Dept. of Tax and Finance for many years until her retirement in 1990. Also known as "Terry" she still maintained friendships with several of her co-workers. She enjoyed many winter trips to Sebring, Fl., with her husband of 59 years, George Lambert Ertel, who predeceased her in 2002. More recently, she traveled with her daughters to Ormond Beach, Fl. Her love of travel also took her to Arizona, Germany and Ireland. She enjoyed her grandchildren, great-grandchildren and family gatherings and found pleasure in parties, shopping and reading.

She is survived by her 4 daughters: Kathleen (Robert) Zelker of Malta, Donna (Paul) DeMarco of Rotterdam, Margaret Jackson of West, VA and Georgianna (Robert) Oddy of Voorheesville. She was the beloved and admired grandmother of Kelly and Sgt. Shane Zelker, Kari Holliday, Shannon D'Ambrosio, Stacey Mallow and Jodi Oddy. Her great-grandchildren also had the pleasure of having "Gigi" in their lives: Shauna and Zachary Zelker, Haley and Ava Holliday, Megan and Austin D'Ambrosio, Robby Jackson, Melissa Shirley, Alandra Oddy and Janaye Gray.

In addition to her husband, she was predeceased by her sister Marion Adams, brother Earl Redfield and beloved grandson Bobby Oddy, Jr.

Her loving constant presence in her family's lives will be profoundly missed. She leaves us with lessons in endurance, strength, patience, generosity and fun.

A special thanks to our mom's Hospice caregivers Becky, Trish, Penny and Jennifer. Appreciation to Dr. Daniel Aernos and staff for many years of thoughtful care.

Funeral services were held Tuesday from New Comer Cannon Funeral Home 343 New Karner Rd., Colonie then to the Parish of Mater Christi, Hopewell St. Albany, where a Mass of Christian Burial was celebrated. Calling hours were Monday at the funeral home. Interment was in Our Lady of Help Christians Cemetery, Glenmont.

In lieu of flowers, memorial contributions

may be made to St. Jude Children's Research Hospital 501 St. Jude Place, Memphis, TN 38105. To leave a special message for the family online, visit www.NewcomerAlbany.com

John H. Galligan

NISKAYUNA - John H. Galligan, 68 of Niskayuna, died Monday, January 24, 2011 at his home in Niskayuna.

He was born August 7, 1942, in New Haven, CT to John and Renee Galligan. In 1955 the family

moved to Wells, ME. John graduated from Assumption Prep in Worcester, MA. He then obtained his B.S. from Boston College in Mathematics and a Masters in Education.

John started his professional career as an educator and then went to work for NYS Conference of Mayors (NYCOM).

John was a beloved employee of NYCOM since 1970, where he was recognized as a foremost expert on municipal labor law. His wisdom, wit and kindheartedness were admired by all who knew him. His passion for local government was recognized by numerous organizations, including special awards from the National Public Employer Labor Relations Association, New York State Public Employer Labor Relations Association, New York State Association of City and Village Clerks, and New York State Society of Municipal Finance Officers. In 2009, as an ongoing tribute to John and his lifetime of service to city and village officials, NYCOM established its highest honor, the John H. Galligan Award, to be periodically given to a municipal official "in recognition of a career dedicated to the noble belief that, through local government service, one person can improve the lives of all New Yorkers."

He was an avid Yankee fan and a devoted father, brother, uncle and friend. He loved great food, craft beers, the ocean, and summer afternoons spent driving his 1967 Sunbeam Tiger.

John is survived by his son, Craig (Grafton, NY); twin sisters, Anne

(Meredith, NH) and Rose (Pembroke, NH); cousin Mary McCarthy (Leesburg, VA); Barbara Pidgeon (Niskayuna, NY) and many other relatives and close friends.

Relatives and friends are invited and may call on Friday January 28 from 4-7 pm at the Dufresne & Cavanaugh Funeral Home, 149 Old Loudon Rd., Latham.

In lieu of flowers, donations can be sent "In Memory of John Galligan" to: City Mission of Schenectady, P.O. Box 760, Schenectady, NY 13201.

Vivian C. McIntosh

DELMAR - Vivian C. McIntosh, 89, of Clarksville, died Wednesday, January 26, 2011 at the Good Samaritan Lutheran Health Care Center.

Born in Delmar on January 12, 1922, she was the only child of the late William and Ann (Spoore) Coonley. Vivian was retired from the New York State Thruway Authority and was the wife of the late Willis McIntosh, Jr. who died in 2004 and mother of the late Marcia L. Smith.

She is survived by two daughters, Diane M. Sala and husband, Joseph of Glenmont and Kay A. Craft and husband, James of Feura Bush; a son-in-law, Robert Smith of Voorheesville; eight grandchildren, Bryan Smith, Todd Smith and wife, Kelly, Shara Biernacki and husband, Michael and Staci DeLorenzo and husband, Mark, all of Voorheesville, Jill Greaux and husband, Scott of Glenmont, Blair Sala of Clarksville and Kevin and Daryl Craft, both of Feura Bush; and great grandchildren, Arielle Smith, Eugene and Robert Paquette, Emily and Adam Biernacki, Karly and Brandon DeLorenzo and Lauren and Logan Greaux.

Relatives and friends were invited to call on Friday, Jan. 28th from 4:30 to 7:30 pm at the Applebee Funeral Home, 403 Kenwood Ave., Delmar. A funeral service was held 11 am Saturday, Jan. 29th at the funeral home. Burial will be in the spring in Onesquethaw Cemetery, Clarksville.

Memorial contributions may be made to the Clarksville Community Church, PO Box F, Clarksville, NY 12041.

Ré, Fredericks to wed

Eileen and Richard Ré, of Bay Ridge, Brooklyn, N. Y. are proud to announce the engagement of their daughter, Heather Elena Ré, of Bay Ridge, to Lawrence Dorato Fredericks, Esq., of Bay Ridge, formerly of Loudonville, N. Y. son of Robert and Dimma Fredericks.

The future bride graduated from Ft. Hamilton High School, and earned her bachelor's degree from Hunter College. She is currently employed in the financial services industry. Her fiancé is a graduate of Shaker High School, Siena College, and Pace University School of Law. He currently represents the New York State Insurance Fund and is also a musician. The couple are both licensed Sightseeing Guides in the City of New York.

An autumn 2011 wedding is planned.



Heather Elena Ré and Lawrence Dorato Fredericks



Sean Matthew Noonan and Jessica Marie Murphy

Murphy, Noonan to marry

Brian C. and Paula J. Murphy of Glenmont, N.Y. are pleased to announce the engagement of their daughter, Jessica Marie Murphy to Sean Matthew Noonan, son of Michael F. and Mary Karen Noonan of Albany, NY.

The future bride is a graduate of Bishop

Maginn High School. She earned a BA in Psychology from Siena College and will complete an MD in May 2011 from New York Medical College in Valhalla, N.Y.

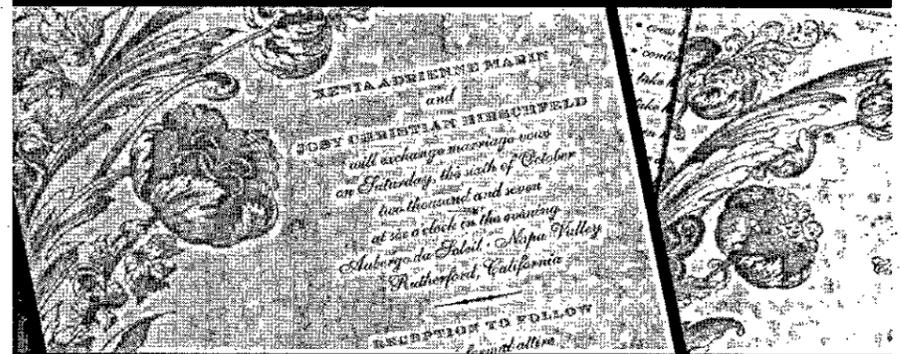
Her fiancé is a graduate of LaSalle Institute and SUNY Albany, where he

earned a BA in History. He is employed by Moody's Corporation in New York, N.Y. as an Information Specialist.

The wedding will take place on April 30, 2011 at St. Thomas Church in Delmar, N.Y. Father George Fleming will officiate.

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Milestones

Male, Sumigray to marry

Kaelyn D. Male, daughter of Debra Male of Rotterdam, N.Y. and granddaughter of William G. Manikas of Rotterdam, N.Y., and Mark Sumigray, son of William and Delia Sumigray of Mechanicville, N.Y., are engaged.

The bride is a graduate of Mohonasen High School, Class of 2002. She graduated with a BS in Cell Biology from Union College, Schenectady, N.Y. in 2005. Kaelyn went on to Duke University, Durham, N.C. where she earned a MS in Cell Biology, and will achieve a PhD in Cell Biology this year.

Kaelyn is employed by Duke University Graduate School. After graduating with a PhD in the spring, Kaelyn is seeking post-doctoral teaching



Mark Sumigray and Kaelyn D. Male

positions in several states/universities: Texas, Tennessee, Virginia, North Carolina and Delaware.

The future groom is a graduate of Shenendehowa High School, Class of 1997. He earned an Associate's Degree from Durham Technical Community College. Mark is employed by Carolina Auto Masters as an automotive technician and he is an instructor at Durham Tech Community College.

The Wedding will take place at Albany Country Club in June 2011. The Maids of Honor will be Karen Male and Kristen Male. The Bridesmaid will be Valerie delPrado.

The Best Man will be Benjamin Kearns. The Groomsmen will be William Male and James Male.

After the wedding, the couple will reside wherever Kaelyn's post-doctoral position takes them!

STRIDE

(From Page 1)

Albany County Executive Michael Breslin said he is familiar with the work STRIDE does with the Wounded Warriors program, and was happy to see the group getting the funding it needs.

"I know what they do for the wounded veterans who come back, and I know how much it means to them," Breslin said.

Altogether, 44 Bethlehem businesses donated money to STRIDE and many bought space in a local business advertising insert distributed with *The Spotlight*. The endeavor was not only a great way to promote a buy local mentality, but a method of showing Bethlehem businesses are behind the community that supports them, said Phillips.

"We gotta show as businesses we're not looking to put money in our pockets, we're looking to help the community," he said.

"We gotta show as businesses we're not looking to put money in our pockets, we're looking to help the community."

Phillips Hardware owner Jonathan Phillips

Phillips spearheaded the fundraising campaign, along with Spotlight advertising representative Susan O'Donnell. They worked to put together donations and the advertising supplement, accomplishing the task in a matter of weeks.

Phillips said the project was a great step towards organizing local businesses toward a buy local vision.

"My first thought is I'd call up [Spotlight publisher] John McIntyre," he said. "John was behind it 110 percent."

So was O'Donnell, who made a contribution of her own toward the STRIDE donation. Businesses were eager to jump on board, she said, and not just because it was for a good cause.

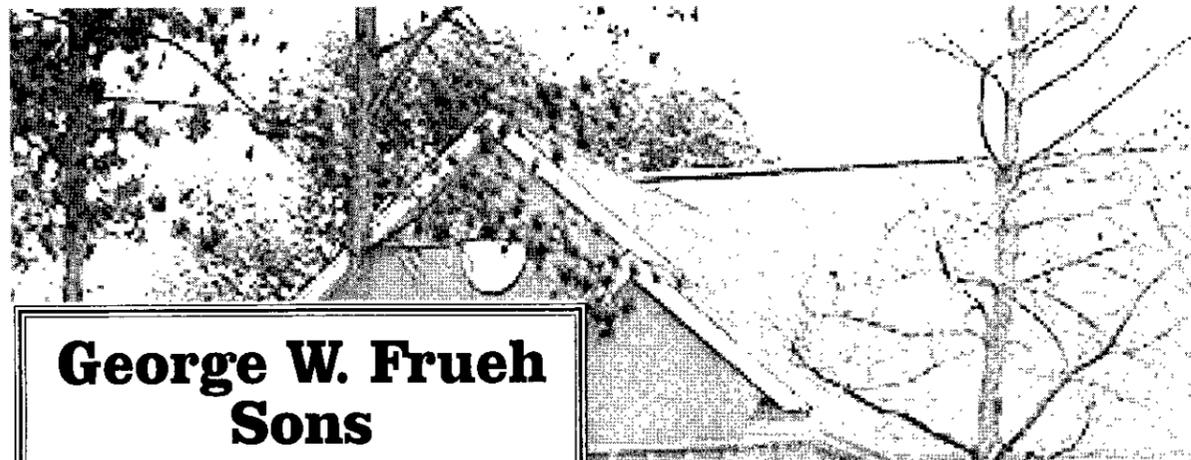
"They like the shop local theme. It was a win-win," she said.

Phillips said he hopes the endeavor blossoms into a regular event, where businesses in town can regularly showcase their appreciation to the community.

STRIDE serves over 1,300 kids, some of whom may travel to reach some of its unique programs like summer camps or skiing classes. Helping these programs (along with swimming, sailing, bicycling, bowling and other activities) are about 350 volunteers, which helps STRIDE accomplish a lot with a little money. Still, since many of the children the group serves need one-on-one or two-on-one supervision, volunteers are always needed.

For more information on STRIDE, how you can volunteer and the group's community events, visit www.stride.org.

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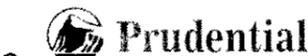
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'Go green' at Five Rivers

Five Rivers Environmental Education Center will hold a program on how to "go green" at home Saturday, Feb. 26, at 10 a.m.

At this indoor presentation, center naturalists will discuss simple ways to reduce your environmental "footprint" with tips on energy conservation, water conservation, composting and other effective eco-friendly ideas.

This program is open to the public free of charge. Call 475-0291 for more information.

Heath makes dean's list

Rachel Heath of Glenmont, a Bethlehem High School graduate, was named to the dean's list at SUNY Cortland for the fall 2010 semester. Heath is a Spanish major.

Old Songs slates dance

Old Songs will host a participatory contradance Saturday, Feb. 5.

The evening will start with a potluck at 6:30 p.m., followed by dance instruction at 7:30. The dance starts at 8 with caller Paul Rosenberg and live music by Will Welling and Friends.

Admission is \$10. No partner needed, but participants must have clean, soft-soled shoes.

For more information, call 765-2815.

Club to host breakfast

The Onesquethaw Fish and Game Club will have breakfast on Sunday, Feb. 13, at 2032 Tarrytown Road from 7 a.m. to noon.

The cost is \$7 for all-you-can-eat pancakes, blueberry pancakes, whole wheat pancakes, eggs, bacon, home fries, toast, sausage and homemade sausage gravy.

For more information, call Carol at 768-2320. Takeouts are available by calling Carol at 366-0583 on Sunday.

Program to look at Hospice

The First Unitarian



Front row: Connor Chew, Matt Hessler, Ryan Fox, Eric Motler and Kyle Dikeman
Back row: Peter Boeri, Kevin Blair, Ryan Adamzak, Tyler Mitchell, Matt Cortelyou, Matt Marotta, Matt Reluzco and Kevin Waltz.

Submitted photo

Scout troop holds Court of Honor

St. Madeleine Sophie BSA Troop 50 held its monthly Court of Honor on Wednesday, Dec. 22.

Matt Cortelyou and Eric Motler were awarded the 2nd Class Scout rank. Matt Marotta was awarded the Life Scout rank. Matt Reluzco, Peter Boeri and Matt Marotta received their Nuclear Science merit badges.

Merit badges have been a fixture of the Boy Scouts of America since its inception in 1910. In the last 100 years there

have been many changes in the merit badge offerings. As society has changed, the Boy Scouts of America has adapted by revising the requirements, implementing name changes, and in some instances, eliminating some badges altogether.

For the 100th anniversary celebration, four vintage (retired) merit badges were released for the Centennial Year only. The badges were Signaling (retired 1992), Carpentry, Pathfinding

and Tracking (all retired in 1952). Troop 50 scouts Ryan Fox, Connor Chew, Ryan Adamzak, Matt Hessler, Kyle Dikeman and Kevin Waltz earned the historical Carpentry merit badge. This badge is outlined in gold.

Tyler Mitchell received international recognition for receiving the BSA World Conservation Award. Scouts are eligible to receive the award after completing the requirements for the following merit badges:

Environmental Science, Citizenship in the World, and either Soil and Water Conservation or Fish and Wildlife Management along with participating in an environmental project. Mitchell completed the Environmental Science, Citizenship in the World, and Fish and Wildlife Management merit badges and participated in a soil and water erosion project while at Philmont Scout Ranch. Mitchell was also awarded the 50 Mile hiking award in connection with his trip to Philmont.

Universalist Society of Albany will host "Hospice 101," an introduction to the philosophy and services of The Community Hospice, Sunday, Feb. 13, from 11:45 a.m. to 12:45 p.m.

Donald Stake, public relations specialist for Hospice, will give an overview of the organization, a brief history of hospice care, and how they serve individuals and families. Susan Thompson, Hospice volunteer, will discuss hospice care from her perspective, what she does as a volunteer, and

the variety of volunteer services.

The program will be held at First Unitarian Universalist Society of Albany, 405 Washington Ave (corner of Washington and Robin streets).

Snowshoeing class planned

Five Rivers Environmental Education Center will hold an introduction to snowshoeing

Thursday and repeated Saturday, Feb. 24 and 26, at 2 p.m.

During these indoor/

outdoor programs, Five Rivers naturalists will demonstrate basic snowshoeing technique indoors, then lead snowshoers along center trails for some aerobic exercise, looking for animal tracks, chewed cones, dens and other signs of winter wildlife along the way.

The programs are open to the public free of charge. Participants are urged to dress for outdoor winter activity. Snowshoes may be borrowed free of charge. If there is insufficient snow, staff will conduct a field foray afoot. In the event

of severe winter weather, these programs may be canceled.

Call the center at 475-0291 by Thursday, Feb. 17, to register or for more information.

BNI to host speakers

BNI, Business Networking International, is a business and professional networking organization that offers members the opportunity to share ideas, contacts and referrals.

The Crossroads Connection Chapter,

based at the Terrace at Beverwyck in Slingerlands, has the following speakers planned for its Wednesday meetings from 7:30 to 9 a.m.

- Feb. 2: John Hoke, Smith Hoke, employment and commercial law, and Cynthia Herrmann, Mogul Marketing, web development

- Feb. 9: Daria Schumacher, First Investors, financial/investment services, and George Pappas, Key Bank

- Feb. 16: Alexis Meeks, Karp, Ackerman, Skabowski & Hogan CPA, and Catherine Dryden, Neat Chic Organizing

- Feb. 23: Dorothy Tischler, transactional real estate attorney and Michael Constantine, Redline Sales and Service, construction

- March 2: David Broadwater, Expert Computer Services, and Gerri Rattigan, Beyond Divorce

- March 9: Mindy Scialdone, Keller-Williams, Realtor, and Ryan Hanley, Guilderland Agency, property and casualty insurance

Horseman's Social planned

Cornell University Cooperative Extension of Saratoga County is hosting the second annual Horseman's Social on Thursday, Feb. 24, from 6:30 to 9:30 p.m. at Longfellow's Restaurant in Saratoga Springs.

This social networking function was originated by the CCE Equine Leadership Committee to encourage horseman of all disciplines to get together and discuss the state of the industry and foster relationships within the equine community. The cost is \$25 per person and includes hors d'oeuvres, door prizes, "Mystery Diagnosis" presented by area veterinarians Drs. Steve Sedrish and Tracy Bartick-Sedrish. There will be a cash bar; however, soda, bottled water, coffee and tea are free.

All horse people are encouraged to bring their business card to put on a horseman's bulletin board. Call Sharon LaPier at 885-8995 ext 202 or stl32@cornell.edu to register.

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EMPLOYMENT CLASSIFIEDS

HELP WANTED

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AIRLINES ARE HIRING- Train for high paying Aviation Career. FAA approved program. Financial aid if qualified- Job Placement Assistance. CALL Aviation Institute of Maintenance (866)296-7093

All employment advertising in this newspaper is subject to section 296 of the human rights law

which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, creed, national origin, sex, age, or arrest conviction record, or an intention to make any such preference, limitation, or discrimination. Title 29, U.S. Code, Chap. 630, excludes the Federal Gov't from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings advertised in this newspaper are available on an equal opportunity basis.

CCI LOCAL COORDINATORS to place and supervise foreign exchange students with volunteer host families. †Independent contractor with compensation, training, and travel incentives. To apply: www.cci-exchange.com/arear-penquiry.aspx

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DRIVERS

TRUCK DRIVERS WANTED! 2011 PAY RAISE! UP TO \$.52 PER MILE! HOME WEEKENDS! EXCELLENT BENEFITS! NEW EQUIPMENT! HEARTLAND EXPRESS 1-800-441-4953 www.heartlandexpress.com

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I can help with shopping, cleaning, meds, children, and pets. 20 years experience. 928-1425

AIDES/NURSES AVAILABLE

Aides/Nurses available for your loved ones. 4-hour to 24 hour shifts/ 7days per week. Doctor appointments, meds, prepare meals, light housekeeping. Insured, bonded. Call Ann 424-6905 or Anne 522-7076

TRAPPED AT A DEAD END!



Find a New Path in the EMPLOYMENT CLASSIFIEDS



REAL ESTATE CLASSIFIEDS

APARTMENT FOR RENT

Delmar: 1 BR, 1st Flr., lease, no pets, utilities incl. \$750. 424-7426

\$615 Clarksville- Near Delmar. 5 min from Bethlehem H.S. 1 Bedroom- Quiet Country Setting- Well taken care of Apt. H/HW Inc. Off Street Pkg No pets/no smoking. #446-1239

\$785 Clarksville- Near Delmar. 5 min from Bethlehem H.S. 2 Bedroom- Quiet Country Setting- Well taken care of Apt. H/HW Inc. Off Street Pkg No pets/no smoking. #446-1239

Delmar/Bethlehem - \$895-\$935. Spacious, 2 bedrooms with patios and large closets. H/W, C/A included. Dishwasher, small dining area, laundry and parking. 765-3190.

\$595-1 bdm, Selkirk, heat inc, laundry, 10 min to Alb off 9W, quiet area, 477-9100 pin#309

DELMAR- \$910+ Spacious, 2BR apartment w/garage. Excellent condition. Gas heat, central air. Porch. Quiet area. No Smoking/No cats. 533-2525.

Rental- Voorheesville

\$850 Gorgeous 1 Bedroom Condo! First floor maintenance free living in the heart of Voorheesville with HW floors, Natural Gas, CA, w/WD hookup, handicap accessible & off-street parking. As per village ordinance the minimum age requirement is 62. CALL SUZANNE 861-7030

Van Buren Apartments. Niskayuna, NY. 372-7180. Free heat and hot water. Ideal for Seniors and Professionals. One and two bedroom. Move-in special for February. Rates as low as \$615.

\$785-\$810 - Voorheesville. Lovely 2 bedrooms. Gas heat, central air conditioning. Dishwasher. Porch, terrace, parking, laundry. 765-3190

BUILDINGS FOR SALE

HAS YOUR BUILDING SHIFTED OR SETTLED? Contact Woodford Brothers Inc, for straightening, leveling, foundation and wood frame repairs at 1-800-OLD-BARN. www.woodfordbros.com. "Not applicable in Queens county"

COMMERCIAL FOR LEASE

Delmar: Office space 550 sq. ft. plus conference room, lease. Utilities incl. \$750 439-9958

COMMERCIAL SPACE FOR LEASE/RENT

Retail/office space. 540 Delaware Avenue, Albany. Two units (1,300 sq.ft. with commercial kitchen; 1,200 sq.ft.). For rent together or separately. 432-0516

GARAGE WANTED

Garage wanted to rent- Bethlehem area 439-1839

HOUSE FOR RENT

\$1050+ util Glenmont 2Br house Beth. Schools 1+ acre wood floor/walls/ceilings. W/D hookup, new windows, 731-2178 or 209-2812 cell.

HOUSE FOR SALE

Bethlehem School District. Great Location, 6 Merrifield Place, Delmar. 3 Bedroom, 1 1/2 Baths. \$199,000. For appointment call 463-9230 or 496-2148

SOUTHERN TIER FARM SACRIFICE! Open house 2/12-13! Renovated Greek Revival farmhouse, barns, 10 acres - \$249,000 Stone walls, views, 20,000+ square foot barn space, Hilltop setting! Additional acreage available! (866)982-3308

HOUSING WANTED

Looking for a 2BR flat or house. Pet friendly. Guilderland, Westmere, Voorheesville, Rotterdam area. imaginethat06@gmail.com (518)428-6725

LAND FOR SALE

Upstate New York LAND BARGAINS ATV & Snowmobile Trails. State Game Lands. 19 Acres Valley Views-\$29,995. 5 Acres Camp Lot-\$15,995. Adirondack River-WAS: \$119,995. NOW: \$69,995. 24 Acres Tug Hill-\$17,995. Scheduling land tours 7days/week. Call 800-229-7843 Or Visit www.LandandCamps.com

LOTS & ACREAGE

ABSOLUTE NY LAND SALE! 50 acres - \$69,900! 2/12-13 ONLY! No closing costs! Adjoins State Land, woods, trophy whitetails, very secluded! Way below market!! (888) 476-4569 www.NewYorkLandandLakes.com

NY FARM LAND LIQUIDATION SALE! 28 acres - \$39,900 2/12-13 ONLY! Adjoins State Land! Woods, stone walls! Town road, survey, clear title! Call NOW! (888) 479-3394 www.NewYorkLandandLakes.com

OWNER SHORT SALE! 10 acres - \$24,900. Lush meadow, 0 mile to State Land, snowmobile, camp, hunt! Ideal Southern Tier location! Guaranteed buildable! Hurry! (888) 701-7509

UPSTATE NY LIQUIDATION! 7 acres - \$19,900. Woods, fields, views, walk to State Land! Town road, survey, clear title! Buy 2/12-13 pay no closing! (888) 905-8847 www.NewYorkLandandLakes.com

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STORAGE INDOOR. HEATED & UNHEATED Motorcycles, Cars, Boats, Trailers REASONABLE RATES Voorheesville #765-3149

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NC MOUNTAINS- Cabin Shell, 2+ acres with great view, very private, big trees, waterfalls & large public lake nearby. \$99,500 Bank financing 866-275-0442

VACATION RENTALS

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LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is CONTAINER, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/1/2010. The purpose of the LLC is to own, operate and manage a publishing company, and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 11 Peel Street, Selkirk, NY 12158. 68568 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is THECITESOURCE, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/1/2010. The purpose of the LLC is to own, operate and manage an online research company, and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 11 Peel Street, Selkirk, NY 12158. 68569 (D) (February 2, 2011)

LEGAL NOTICE

Name of LLC: SCOTIA PARTNERS, LLC. Art. of Org. filed Dept. of State of NY on 11/19/2010. Off. Loc. in NY: Albany Cty. Secy. of State designated as agent of LLC upon whom process against it may be served. Sec. of State shall mail a copy of process to princ. bus. loc.: 250 Van Rensselaer Blvd., Menands, NY 12204. Purpose: any lawful activity. 68570 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of AC-COUNTING & TAX GENIUS LLC. Arts. of Org. filed with SSNY on 10/14/10. Off. Loc.: Albany Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 1761 W 5th St., Apt. C1, Brooklyn, NY 11223. Purpose: Any Lawful purposes. 68571 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of CONCORD BUSINESS MANAGEMENT 26A, LLC. Arts. of Org. filed with SSNY on 06/22/10. Off. Loc.: Albany Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 40 Rector St., Ste 1502, New York, NY 10005. Purpose: Any Lawful purposes. 68572 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of LM REALTY 23H, LLC. Arts. of Org. filed with SSNY on 06/21/10. Off. Loc.: Albany Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 40 Rector St., Ste 1502, New York, NY 10006. Purpose: Any Lawful purposes. 68573 (D) (February 2, 2011)

LEGAL NOTICE

LEGAL NOTICE

Notice of formation of LM REALTY 20A, LLC. Arts. of Org. filed with SSNY on 06/21/10. Off. Loc.: Albany Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 40 Rector St., Ste 1502, New York, NY 10006. Purpose: Any Lawful purposes. 68574 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of SP REALTY PH3, LLC. Arts. of Org. filed with SSNY on 06/21/10. Off. Loc.: Albany Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 40 Rector St., Ste 1502, New York, NY 10006. Purpose: Any Lawful purposes. 68575 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of SWEPI LP. Authority filed with Secy. of State of NY (SSNY) on 12/3/2010. Office location: Albany County. LP formed in Delaware (DE) on 8/1/1983. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LP: c/o The Corporation Trust Company, 1209 Orange St., Wilmington, DE 19801. Name/address of each genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any and all lawful purposes. 68576 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: CD RIDGEHILL LLC. Articles of Organization filed with NY Secretary of State, December 10, 2010. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy c/o Segel, Goldman, Mazzotta & Siegel, P.C., 9 Washington Square, Albany, NY 12205. 68577 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Farient Advisors, LLC. Authority filed with Secy. of State of NY (SSNY) on 11/22/10. Office location: Albany County. LLC formed in Delaware (DE) on 9/13/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 2600 Mission St., Ste. 201, San Marino, CA 91108. Address to be maintained in DE: 3500 South DuPont Hwy, Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 68578 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of AEG CONSULTING, LLC. Arts. of Org. filed with SSNY on 12/8/10. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 68579 (D) (February 2, 2011)

LEGAL NOTICE

LEGAL NOTICE

Notice of formation of JCRF, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on November 18, 2010. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, at 7 Executive Centre Drive, Albany, New York 12203. The purposes of the LLC are to engage in any lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion may deem desirable. 68580 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Outland Renewable Energy Field Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/9/10. Office location: Albany County. LLC formed in Minnesota (MN) on 2/18/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Address to be maintained in MN: 302 1st St., E. Canby, MN 56220. Arts. of Org. filed with MN Secy. Of State, 60 Empire Dr., Ste. 100, St. Paul, MN 55103. Purpose: any lawful activities. 68582 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Genesis Networks Integration Services, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/7/10. Office location: Albany County. LLC formed in Delaware (DE) on 8/27/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, PO Box 898, Dover, DE 19903. Purpose: any lawful act or activity. 68583 (D) (February 2, 2011)

LEGAL NOTICE

Name of For. LLC: Keehfus Capital, LLC. App. for Auth. filed NY Dept. of State: 1/15/10. Jurisd. and date of org.: DE 4/18/06. City off. loc.: Albany Cty. Sec. of State designated as agent of foreign LLC upon whom process against it may be served. The Sec. of State shall mail copy of process to princ. bus. loc.: 1184 Troy Schenectady Road, Latham, NY 12110. Addr. of foreign LLC in DE is: c/o National Corporate Research, Ltd., 615 South DuPont Hwy., Dover, DE 19901. Auth. officer in DE where Cert. of Form. filed: DE Sec. of State, PO Box 898, Dover, DE 19903. Purpose: any lawful activity. 68584 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Lamar Central Outdoor, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/2/2010. Office location: Albany County. LLC formed in Delaware (DE) on 8/18/1999. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Mr. James

LEGAL NOTICE

R. McIlwain, General Counsel, The Lamar Companies, 5551 Corporate Blvd., Ste. 2A, Baton Rouge, LA 70809. DE address of LLC: 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. 68585 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LABRAT SOFTWARE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/22/10. The latest date of dissolution is 12/31/2110. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 2338 Shirt Avenue, Niskayuna, New York 12309. Purpose: For any lawful purpose. 68586 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of TOP DOG RECYCLING, LLC. Arts. of Org. filed with SSNY on 12/13/10. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 68587 (D) (February 2, 2011)

LEGAL NOTICE

WEST AMAZONS LLC was filed with the SSNY on 12/09/10. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Paracorp Incorporated, One Commerce Plaza, 99 Washington Ave, Albany, NY 12210-2822. Purpose: any lawful purpose. 68589 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of KFG PROPERTIES, LLC, pursuant to NY Limited Liability Law 203, Art. of Org. filed with Secy. of State of NY (SSNY) on 11 / 23 / 2010 Office location: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to: c/o the LLC, 16 Cloverfield Drive, Loudonville, NY12211. Purpose: To engage in any lawful act or activity. 68590 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: ALP Property Management, LLC (LLC). Articles of Organization filed with NY Dept. of State on 12/13/10. Office location: Albany County. NY Secretary of State (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to 195 Lark St., Albany, NY 12210. Purpose: Any lawful act or activity. 68591 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RNR RESTAURANT GROUP

LEGAL NOTICE

LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/08/10. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 1021 Tolgate Lane, Schenectady, New York 12303. Purpose: For any lawful purpose. 68592 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: FILTECH LLC. Articles of Organization filed with New York Secretary of State (SSNY) on: 11/15/2010. Office Location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process c/o James R. Schultz, Esq., Maynard, O'Connor, Smith & Catalinotto, LLP, 6 Tower Place, Albany, New York. Term: N/A. Purpose: Any lawful act or activity for which limited liability companies may be organized. 68598 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Nooy Properties LLC. Arts. Of Org. filed with Secy. Of State of NY (SSNY) on 6/29/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. 68913 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of NANI ELLE LLC. Arts. of Org. filed with SSNY 12/13/10 under the name RB 8 LLC. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68915 (D) (February 2, 2011)

LEGAL NOTICE

NANI ELLE LLC Arts. of Org. filed with SSNY 12/13/10 under the name RB 8 LLC. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68915 (D) (February 2, 2011)

LEGAL NOTICE

UNIVERSAL SOLUTIONS LLC Arts. of Org. filed with SSNY 12/3/10 under the name CORFTEX SOLUTIONS LLC. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68916 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION BIRDSALL STREET LLC Arts. of Org. filed with SSNY on 12/17/2010 Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68917 (D) (February 2, 2011)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of 7271 Hylan Blvd, LLC. Arts. of Org. was filed with SSNY on 12/16/10. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 68918 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of 2504 EAST 64 STREET, LLC. Arts. of Org. was filed with SSNY on 12/16/10. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 68919 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of 32 PARK STREET, LLC. Arts. of Org. was filed with SSNY on 12/16/10. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 68920 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is House Check, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/14/10. The purpose of the LLC is to own, operate and manage a home inspection company, and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 12 Rigi Court, Selkirk, NY 12158. 68922 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF NEW YORK PROFESSIONAL LIMITED LIABILITY COMPANY
1. The name of the limited liability company is Michelle Bacares, M.D., PLLC. 2. The Articles of Organization creating the limited liability company were filed in the Office of the Secretary of State on December 14, 2010.
3. The principal office of the limited liability company is in Albany County.
4. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address to which the Secretary of State shall mail any copy of process against it is: Michelle K. Bacares, M.D., c/o Northeast Psychological Associates, 435 New Karner Road, Albany, New York 12205.
5. The limited liability company is formed for the purpose of engaging in the practice of medicine. 68923 (C) (February 2, 2011)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of CTC Trading Group, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 12/14/10. Office location: Albany County. LLC formed in Delaware (DE) on 11/16/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Principal office address: 440 S. LaSalle St., 4th Fl., Chicago, IL 60605. Address to be maintained in DE: c/o National Registered Agents, Inc., 160 Greentree Dr., Ste. 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 68924 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Concept Builders LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/15/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. Purpose: any lawful act or activity. 68925 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of GARNET LAKE LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/15/10. Office location: Albany County. LLC formed in Delaware (DE) on 12/7/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Moses & Singer LLP, 405 Lexington Ave., NY, NY 10174, Attn: Daniel S. Rubin, Esq. DE address of LLC: c/o United Corporate Services, Inc., 874 Walker Road, Suite C, Dover, DE 19904. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. 68926 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of AX NY Office L.P. Authority filed with Secy. of State of NY (SSNY) on 12/20/10. Office location: Albany County. LP formed in Delaware (DE) on 12/16/10. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Avenue of the Americas, Ste. 501, NY, NY 10001. DE address of LP: 160 Greentree Dr., St 101, Dover, DE 19904. Name/address of genl. ptr. available from SSNY. Cert. of LP filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 68927 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Grass Valley USA, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/14/10. Office location: Albany County. LLC formed in Delaware (DE) on 10/19/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Principal office address: 400 Providence Mine Rd., Nevada City, CA 95959. Address to be maintained in DE: c/o 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any

LEGAL NOTICE

lawful activities. 68928 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF ORGANIZATION OF GLOBAL GAME CHANGERS, LLC

On December 10, 2010, Global Game Changers, LLC (the "LLC") filed Articles of Organization with the New York State Department of State.

The principal business location of the LLC is 12 Barnet Street, Albany County, Albany, New York. The New York Secretary of State is designated as the agent upon whom process against the LLC may be served. The post office address to which the Secretary of State shall mail a copy of any process against the LLC served upon him or her to the LLC, is 12 Barnet Street, Albany, New York 12208.

The LLC is organized for the purpose of using sports to bridge divides and teach life skills and any other lawful business. 68933 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of LM21, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/15/10. Office location: Albany County, LLC formed in Delaware (DE) on 7/12/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Cal Title-Search, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. Address to be maintained in DE: c/o Cal Title-Search, Inc., 3411 Silverside Rd., Rodney Bldg., Ste. 104, Wilmington, DE 19810. Arts of Org. filed with DE Secy. Of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 68934 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: CAMPUS ASSOCIATES III LLC. Articles of Organization filed with NY Secretary of State, December 23, 2010. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. 68935 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Nin-Jack, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 12/13/2010. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 157 Horseshoe Road, Mill Neck, NY, 11765. Purpose: any lawful act or activity. 68936 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of MyLakeTown.com, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on December 22, 2010, effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at 37 Herrick Avenue, Delmar, New York 12054, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for

LEGAL NOTICE

which limited liability companies may be organized under the NYS Limited Liability Company Law. 68938 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: ACME Vending, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on December 22, 2010. LLC office location: Saratoga County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: ACME Vending, LLC, PO Box 588, Clifton Park, New York 12065. LLC has been formed to engage in any lawful act or activity. LLC shall be member-managed. 68942 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: REACH ADVISORS, LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on December 17, 2010. LLC office location: Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: REACH ADVISORS, LLC, 91 Middlesex, Slingerlands, New York 12159. LLC has been formed to engage in any lawful act or activity. LLC shall be member-managed. 68943 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JOHN CAT LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/16/10. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Law Offices of Kouray & Kouray, 525 State Street, Schenectady, New York 12305. Purpose: For any lawful purpose. 68947 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Jamaica Millwork LLC art. of org. filed Secy. of State NY (SSNY) 10/15/10. Off. loc. in Schenectady Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: Timothy La May, 229 Ballston Ave, Ballston Spa, NY 12020. Purpose: Any lawful purpose. 68956 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Elmsway Services LLC Arts. of Org. filed with SSNY on 12/21/2010 Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 68957 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Pegasus Tower Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/9/10. Office location: Albany County. LLC formed in Virginia (VA) on 7/21/10. SSNY designated as agent

LEGAL NOTICE

of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Address to be maintained in VA: 139 Steelburg Hwy, Cedar Bluff, VA 24069, also the principal office address. Arts of Org. filed with VA Secy. Of State, Tyler Bldg., 1st Fl., 1300 E. Main St., Richmond, VA 23219. Purpose: any lawful activities. 68959 (D) (February 2, 2011)

LEGAL NOTICE

Title IX of the Education Amendments of 1972 And Section 504 of the Rehabilitation Act of 1973 (Secondary Schools/BOCES)

The School Districts/Board of Cooperative Educational Services hereby advises students, parents, employees and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to sex, race, color, national origin or handicap. Grievance procedures are available to interested persons by contacting the compliance officer below. Inquiries regarding this non-discrimination policy may be directed to:

Robert D. Jordan
Capital Region BOCES
900 Watervliet-Shaker Rd., Suite 102
Albany, NY 12205
Phone: #(518)862-4910
A copy of the secondary vocational education courses offered and admission criteria is available to district residents and may be obtained on our web site www.capregboces.org or by calling 518-862-4800 request a mailing. 68961 (ALL) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of HC Mezzanine Funding I, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/27/10. Office location: Albany County. LLC formed in Delaware (DE) on 12/21/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. 68964 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of an LLC: General Schuyler, LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on December 28, 2010. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, at 14 Hemlock Street, Latham, NY 12110. Purpose: for any lawful purpose. 68965 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: 7 Elm Avenue, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on July 27, 2006. Office location: 42 Lyons Avenue, Delmar, County of Albany, New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 42 Lyons Avenue, Delmar, New York 12054. For any lawful

LEGAL NOTICE

purpose. 68966 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: 645 Elm Avenue, LLC

Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 7, 2005. Office location: 42 Lyons Avenue, Delmar, County of Albany, New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 42 Lyons Avenue, Delmar, New York 12054. For any lawful purpose. 69073 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: 384 Kenwood Avenue, LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on November 4, 2005. Office location: 42 Lyons Avenue, Delmar, County of Albany, New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 42 Lyons Avenue, Delmar, New York 12054. For any lawful purpose. 69074 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: K T INTERIORS LLC. Articles of Organization filed with NY Secretary of State, January 4, 2011. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 5 Canterbury Court, Albany, NY 12205. 69075 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: RECOVERY SPORTS GRILL GREEN-BUSH LLC. Articles of Organization filed with NY Secretary of State, January 4, 2011. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. 69076 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Dormer Custom Manufacturing, LLC, Art. of Org. filed Secy of State (SSNY) 10/28/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to CSC, 80 State St., Albany, NY 12207, the Reg. Agt. upon whom proc. may be served. Purpose: any lawful activities. 69077 (D) (February 2, 2011)

LEGAL NOTICE

LOZO, LLC
1. The name of the limited liability company is LOZO, LLC
2. The Articles of Organization were filed on December 23, 2010 with the Secretary of State.
3. The Office of the LLC is in Schenectady County.
4. The Secretary of State has been designated as agent upon whom process against the Company is to be served. The address to which the Secretary of

LEGAL NOTICE

State shall mail process is: 5 Meadowview Lane, Schenectady, New York 12306. 5. The purpose of the business of the LLC is to engage in any lawful act or activity for which the LLC may be organized under the Limited Liability Law for the State of New York. 69080 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of L A DESIGN & CONSULTING, LLC. Arts. of Org. was filed with SSNY on 1/4/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 69081 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Chili Avenue LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/30/10. Office location: Albany County. LLC formed in Delaware (DE) on 12/28/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 2344 Golf Brook Dr., Wellington, FL 33414. DE address of LLC: c/o United Corporate Services, Inc., 874 Walker Rd., Ste. C, Dover, DE 19904. Arts. of Org. filed with DE Secy. of State, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. 69084 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of YANKEE BAR & GRILL LLC. Arts. of Org. was filed with SSNY on 1/5/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 69087 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of 22 ST. JAMES PLACE LLC. Arts. of Org. was filed with SSNY on 1/5/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 69088 (D) (February 2, 2011)

LEGAL NOTICE

Please take notice that 306 Maple Road, LLC has been formed and the Articles of Organization were filed with the NY State Secretary of State (NYSS) on December 24, 2010. Office Location: Albany County. Principal Business Location: 165 Manning Blvd, Albany, NY 12203-1739. The NYSS is designated as agent of the LLC upon whom process against it may be served. The NYSS shall mail a copy of process to the LLC, c/o James H. Murphy, 165 Manning Blvd, Albany, NY 12203-1739. Purpose: For any lawful purpose. 69090 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Erica Saiger Designs, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/3/11. Office location: Albany County.

LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 56 Seventh Ave., Ste. 12H, NY, NY 10011. Purpose: any lawful activity. 69093 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Estevan LLC Arts. of Org. filed with SSNY on 1/7/2011 Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 69094 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Dahooma Productions, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/10/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. 69120 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of THE BIKING CHEF LLC Arts. of Org. was filed with SSNY on 1/6/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 69096 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Professional Service Limited Liability Company Pursuant to Section 1203 (C) of the New York Limited Liability Law
a. The name of the professional service limited liability company is Law Firm of Alex Dell, PLLC.
b. The Articles of Organization were filed with the Secretary of State on December 31, 2010.
c. The office of the professional service limited liability company will be located in Albany County.
d. The Secretary of State is designated as agent of the professional service limited liability company upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the professional service limited liability company served upon him or her is: c/o Alex C. Dell, Esq., Law Firm of Alex Dell, PLLC
450 New Karner Road Albany, New York 12205
e. The professional service limited liability company is formed to engage in the practice of law. 69097 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Cliftnel LLC Arts. of Org. filed with SSNY 1/7/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 69123 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Lasco Taxi LLC Arts. of Org. filed with SSNY 1/10/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 69124 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Heller Brothers Trucking, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 01/05/2011. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 255 Mineola Avenue, Carle Place, NY 11514. Purpose: any lawful act or activity. 69098 (D) (February 2, 2011)

LEGAL NOTICE

LEGAL NOTICE

MICHAELS CHOICE, LLC
1. The name of the limited liability company is MICHAELS CHOICE, LLC.
2. The Articles of Organization were filed on October 13, 2010 with the Secretary of State.
3. The Office of the LLC is in Albany County.
4. The Secretary of State has been designated as agent upon whom process against the Company is to be served. The address to which the Secretary of State shall mail process is: 40 Bentwood Court East, Albany, New York 12203
5. The purpose of the business of the LLC is to engage in any lawful act or activity for which the LLC may be organized under the Limited Liability Law for the State of New York.

Filed By: PARISI, COAN & SACCOYO, PLLC 376 Broadway, 2nd Floor Schenectady, NY 12305 (518) 377-9096 69117 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of CSFB 2004-C3 BRONX APTS LLC. Authority filed with Secy. of State of NY (SSNY) on 1/7/11. Office location: Albany County. LLC formed in Delaware (DE) on 12/16/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. 69120 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of Appalachian Transportation and Marketing, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/7/11. Office location: Albany County. LLC formed in Delaware (DE) on 1/4/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc. (CSI), 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: CSI, 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. 69121 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Cliftnel LLC Arts. of Org. filed with SSNY 1/7/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 69123 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Lasco Taxi LLC Arts. of Org. filed with SSNY 1/10/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 69124 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of GRACELAND FILM LLC. Arts. of Org. was filed with SSNY on 1/11/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process

LEGAL NOTICE

to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 70034 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of TIME & SPACE ART, LLC. Arts. of Org. was filed with SSNY on 1/10/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 70035 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Performance Appraisal Service LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 7/02/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 3744, Albany, NY 12203. Purpose: any lawful activity. 70036 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of Nooy Properties LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 6/29/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. 70037 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Cody LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/30/2010. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, PO Box 694 Guelderland, NY 12084. Purpose: For any lawful purpose. 70038 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of SIS Insurance and Financial Services LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/10/11. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1187 Troy Schenectady Road, Latham, NY 12110. Purpose: any lawful activity. 70041 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Qualification of LB 1999-C1 Depot Plaza, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/10/11. Office location: Albany County. LLC formed in Delaware (DE) on 1/5/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc. (CSI), 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: CSI, 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, PO Box 898, Dover, DE 19903.

LEGAL NOTICE

Purpose: any lawful act or activity. 70042 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Levy Productions, LLC art. of org. filed Secy. of State NY (SSNY) 12/20/10. Off. loc. in Schenectady Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 2059 Eastern Pkwy, Schenectady, NY 12309. Purpose: Any lawful purpose. 70043 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of 259ST. BUILDERS LLC. Arts. of Org. was filed with SSNY on 1/18/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 70055 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of 259-68 LLC. Arts. of Org. was filed with SSNY on 1/18/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 70056 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of BAT GROUP NYC LLC. Arts. of Org. was filed with SSNY on 1/18/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 70057 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of ROYAL ELLA LLC. Arts. of Org. was filed with SSNY on 1/19/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 70058 (D) (February 2, 2011)

LEGAL NOTICE

Publication Notice of Organization of Limited Liability Company
FIRST: The name of the Limited Liability Company is TANGERINE AVE, LLC. (hereinafter referred to as the "Company").
SECOND: The Articles of Organization of the Company were filed with the New York Secretary of State on January 18, 2011.
THIRD: The County within New York State in which the office of the Company is to be located is ALBANY.
FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is 78 Baxter Court Delmar, New York 12054
FIFTH: The purposes of the

LEGAL NOTICE

business of the Company is The Company's purpose is to engage in any lawful act or activity for which limited liability companies may be organized under the New York Limited Liability Law. 70059 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation of JMJ Investors LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 4/14/10. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. 70060 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION of Maverick Research Management LLC. Art. of Org. filed w/Secy. of State of NY (SSNY) on 1/4/11. Office location: Albany County. SSNY designated as agent for service of process. SSNY shall mail process to 200 E. 10 St. #524, New York, NY 10003. Purpose: Any lawful activity. 70061 (D) (February 2, 2011)

LEGAL NOTICE

Name of For. LLC: Mohrhoff Street Partners, LLC. App. for Auth. filed NY Dept. of State: 1/6/2011. Jurisd. and date of org.: DE 12/21/2010. City off. loc.: Albany Cty. Sec. of State designated as agent of foreign LLC upon whom process against it may be served. The Sec. of State shall mail copy of process to princ. bus. loc.: 49 Bentwood Court, Albany, NY 12203. Addr. of foreign LLC in DE is: c/o National Corporate Research, Ltd., 615 South DuPont Hwy., Dover, DE 19901. Auth. officer in DE where Cert. of Form. filed: DE Sec. of State, P.O. Box 898, Dover, DE 19903. Purpose: any lawful activity. 70062 (D) (February 2, 2011)

LEGAL NOTICE

Notice of formation of SPOTLIGHT HOME INSPECTIONS, LLC Pursuant to NY Limited Liability Law §203, Art. of Org. filed with Secy. of State of NY (SSNY) on 01/12/2011. Office location: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to: c/o the LLC, 495 Wemple Rd., Glenmont NY 12077. Purpose: To engage in any lawful act or activity 70063 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BSH, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/21/11. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 1221 Altamont Avenue, Schenectady, New York 12303. Purpose: For any lawful purpose. 71377 (D) (February 2, 2011)

LEGAL NOTICE

SUMMONS AND NOTICE OF OBJECT OF ACTION STATE OF NEW YORK SUPREME COURT: COUNTY OF ALBANY ACTION TO FORECLOSE A MORTGAGE INDEX NO.: 10231/09 HSBC MORTGAGE CORPORATION USA Plaintiff,

LEGAL NOTICE

vs. LUIS E. CARABALLO A/K/A LUIS CARABALLO, JR., IRMA CARABALLO, ET. AL. Defendant(s). MORTGAGED PREMISES: 52 GLENDALE AVENUE ALBANY, NY 12208 SBL #: 75.44-1-2 TO THE ABOVE NAMED DEFENDANT: You are hereby summoned to answer the Complaint in this action, and to serve a copy of your answer, or, if the Complaint is not served with this Summons, to serve a notice of appearance, on the Plaintiff(s) attorney(s) within twenty days after the service of this Summons, exclusive of the day of service (or within 30 days after the service is complete if this Summons is not personally delivered to you within the State of New York). In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. The Attorney for Plaintiff has an office for business in the County of Erie. Trial to be held in the County of Albany. The basis of the venue designated above is the location of the Mortgaged Premises. Dated this 20th day of January, 2011, TO: LUISE CARABALLO A/K/A LUIS CARABALLO, JR. and IRMA CARABALLO, Defendant(s) in this Action. The foregoing Summons is served upon you by publication, pursuant to an order of HON. GERALD W. CONNOLLY of the Supreme Court of the State of New York, dated the 14th day of January, 2011 and filed with the Complaint in the Office of the Albany County Clerk, in the City of Albany. The object of this action is to foreclose a mortgage upon the premises described below, executed by IRMA CARABALLO and LUIS E. CARABALLO A/K/A LUIS CARABALLO, JR. dated the 16th day of September, 2005, to secure the sum of \$162,400.00, and recorded at Liber 5064 of Mortgages on Page 620 in the Office of the Clerk of the County of Albany, on the 23rd day of September, 2005; which mortgage was duly assigned by assignment dated the 1st day of December, 2009, and sent for recording in the Office of the Clerk of Albany County at Liber Page; The property in question is described as follows: 52 GLENDALE AVENUE, ALBANY, NY 12208 SEE FOLLOWING DESCRIPTION ALL THAT TRACT OR PARCEL OF LAND with the building thereon, fronting on Glendale Avenue in the City and County of Albany, State of New York, designated as Lot No. 52 on Map of Sub-Division No. 2 of Woodlawn Park owned by Albany Driving Association made by Howard Batchelder, 1922, and filed in the Albany County Clerk's Office November 13, 1923. BEGINNING at a point in the easterly line of Glendale Avenue 36 feet southerly from the point of intersection of the easterly line of Glendale Avenue by the southerly line of Helderberg Avenue and Running thence easterly at right angles to Glendale Avenue 113 feet; Thence southerly and parallel with Glendale Avenue 36 feet; Thence westerly at right angles to Glendale Avenue 113 feet to the easterly line of Glendale Avenue; Thence northerly along the easterly line of Glendale Avenue 36 feet to the point of beginning. HELP FOR HOMEOWNERS IN FORECLOSURE NEW YORK STATE LAW REQUIRES THAT WE SEND YOU THIS NOTICE ABOUT THE FORECLOSURE PROCESS. PLEASE READ IT CAREFULLY. SUMMONS AND COMPLAINT YOU ARE IN DANGER OF LOSING YOUR HOME. IF YOU FAIL TO RESPOND TO THE SUMMONS AND COMPLAINT IN THIS FORECLOSURE ACTION, YOU MAY LOSE YOUR HOME. PLEASE READ THE SUMMONS AND COMPLAINT CAREFULLY. YOU SHOULD IMMEDIATELY CONTACT AN ATTORNEY OR YOUR

LEGAL NOTICE

LOCAL LEGAL AID OFFICE TO OBTAIN ADVICE ON HOW TO PROTECT YOURSELF. SOURCES OF INFORMATION AND ASSISTANCE The state encourages you to become informed about your options in foreclosure. In addition to seeking assistance from an attorney or legal aid office, there are government organizations and non-profit organizations that you may contact for information about possible options, including trying to work with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANK-NYS. (1-877-226-5697) or visit the department's website at WWW.BANKING.STATE.NY.US. FORECLOSURE RESCUE SCAMS Be careful of people who approach you with offers to "save" your home. There are individuals who watch for notices of foreclosure actions in order to unfairly profit from a homeowner's distress. You should be extremely careful about any such promises and any suggestions that you pay them a fee or sign over your deed. State law requires anyone offering such services for profit to enter into a contract which fully describes the services they will perform and fees they will charge, and which prohibits them from taking any money from you until they have completed all such promised services. § 1303 NOTICE NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. DATED: January 20, 2011 Steven J. Baum, P.C., Attorney(s) For Plaintiff(s), 220 Northpointe Parkway Suite G, Amherst, NY 14228 The law firm of Steven J. Baum, P.C. and the attorneys whom it employs are debt collectors who are attempting to collect a debt. Any information obtained by them will be used for that purpose. 71378 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Indelicato LLC Arts. of Org. filed with SSNY 1/18/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 71379 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Luxury Furnishing LLC Arts. of Org. filed with SSNY on 1/18/2011 Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 71380 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Blue Hawaii Transport LLC Arts. of Org. filed with SSNY 1/21/2011. Off. Loc.: Albany

LEGAL NOTICE

LOCAL LEGAL AID OFFICE TO OBTAIN ADVICE ON HOW TO PROTECT YOURSELF. SOURCES OF INFORMATION AND ASSISTANCE The state encourages you to become informed about your options in foreclosure. In addition to seeking assistance from an attorney or legal aid office, there are government organizations and non-profit organizations that you may contact for information about possible options, including trying to work with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANK-NYS. (1-877-226-5697) or visit the department's website at WWW.BANKING.STATE.NY.US. FORECLOSURE RESCUE SCAMS Be careful of people who approach you with offers to "save" your home. There are individuals who watch for notices of foreclosure actions in order to unfairly profit from a homeowner's distress. You should be extremely careful about any such promises and any suggestions that you pay them a fee or sign over your deed. State law requires anyone offering such services for profit to enter into a contract which fully describes the services they will perform and fees they will charge, and which prohibits them from taking any money from you until they have completed all such promised services. § 1303 NOTICE NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. DATED: January 20, 2011 Steven J. Baum, P.C., Attorney(s) For Plaintiff(s), 220 Northpointe Parkway Suite G, Amherst, NY 14228 The law firm of Steven J. Baum, P.C. and the attorneys whom it employs are debt collectors who are attempting to collect a debt. Any information obtained by them will be used for that purpose. 71378 (D) (February 2, 2011)

LEGAL NOTICE

LOCAL LEGAL AID OFFICE TO OBTAIN ADVICE ON HOW TO PROTECT YOURSELF. SOURCES OF INFORMATION AND ASSISTANCE The state encourages you to become informed about your options in foreclosure. In addition to seeking assistance from an attorney or legal aid office, there are government organizations and non-profit organizations that you may contact for information about possible options, including trying to work with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANK-NYS. (1-877-226-5697) or visit the department's website at WWW.BANKING.STATE.NY.US. FORECLOSURE RESCUE SCAMS Be careful of people who approach you with offers to "save" your home. There are individuals who watch for notices of foreclosure actions in order to unfairly profit from a homeowner's distress. You should be extremely careful about any such promises and any suggestions that you pay them a fee or sign over your deed. State law requires anyone offering such services for profit to enter into a contract which fully describes the services they will perform and fees they will charge, and which prohibits them from taking any money from you until they have completed all such promised services. § 1303 NOTICE NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. DATED: January 20, 2011 Steven J. Baum, P.C., Attorney(s) For Plaintiff(s), 220 Northpointe Parkway Suite G, Amherst, NY 14228 The law firm of Steven J. Baum, P.C. and the attorneys whom it employs are debt collectors who are attempting to collect a debt. Any information obtained by them will be used for that purpose. 71378 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Indelicato LLC Arts. of Org. filed with SSNY 1/18/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 71379 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Luxury Furnishing LLC Arts. of Org. filed with SSNY on 1/18/2011 Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. The reg. agent is: Accumera LLC at same address. Purpose: all lawful activities. 71380 (D) (February 2, 2011)

LEGAL NOTICE

Notice of Formation Blue Hawaii Transport LLC Arts. of Org. filed with SSNY 1/21/2011. Off. Loc.: Albany

LEGAL NOTICE

Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 71381 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Activated Carbon for the Bethlehem Department of Public Works and other Town departments, as and when needed.

Bids will be received up to 3:15 p.m. on the 23rd day of February, 2011 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mr. Samuel E. Messina, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY OF each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK
Dated: February 09, 2011 71382 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Chlorine for the Bethlehem Department of Public Works and other Town departments, as and when needed.

Bids will be received up to 2:30 p.m. on the 23th day of February, 2011 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mr. Samuel E. Messina, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY OF each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK
Dated: February 09, 2011 71383 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of ALUM.: Commercial Sulfate of Alumina for the Bethlehem Department of Public Works and other Town departments, as and when needed.

Bids will be received up to 3:00 p.m. on the 23rd day of February, 2011 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mr. Samuel E. Messina, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY OF each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK
Dated: February 9, 2011 71384 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Poly Orthophosphate CP-720 for the Bethlehem Department of Public Works and other Town departments, as and when needed.

Bids will be received up to 2:45 p.m. on the 23rd day of February, 2011 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mr. Samuel E. Messina, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY OF each bid shall be submitted. Copies of the specifications may be obtained from the Town Clerk at the Town Hall, Delmar, New York. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK
Dated: February 09, 2011 71385 (D) (February 2, 2011)

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Coagulant-Polyaluminum Chloride (PAC) or Polyaluminum Hydroxychlorosulfate for the Bethlehem Department of Public Works and other

Forum

(From Page 1)

"I thought it went very smoothly," said Monroe after two hours of marring the system. The users at home seemed to enjoy it too, she added. "We got a lot of thank yous."

The system will be in place for the next budget forum on Feb. 7, and more focus will be put on making sure questions are repeated for those at home so they aren't lost when it comes to the real-time discussion.

A full video of the chatroom feed and a transcript of the chat are available at the district's Web site, www.bcsd.k12.ny.us, as are instructions on how to join the next online session.

Though the cyberspace element of the meeting was praised as a success, the heart of the discussion — the district's 2011-12 budget plans — was decidedly less cheery. After several years of falling state aid and the expectation this year will be as bad or worse, the message BC administrators delivered on Monday was a familiar one.

"We are at a very critical state right now because we are quite literally at the bottom of the barrel," Superintendent Michael Tebbano said.

In the past two budgets, the district has employed a three-tier system of cuts, selecting the least painful reductions

"Right now our tiers have run out. We have a worst case scenario of worst case scenarios."

Superintendent Michael Tebbano

first. The year's budget cuts included teaching positions and other programming changes.

"Right now our tiers have run out," Tebbano said. "We have a worst case scenario of worst case scenarios."

Assuming state aid is cut by \$3.5 million (on the upper end of what is expected) and factoring in contractual raises and health and pension spending, the district could be facing a \$5 million gap between revenues and expenditures next year, even after spending \$2.8 million out of savings. That's considerably higher than predictions made a year ago for the 2010-11 budget.

Administrators have prepared a preliminary list of reductions that include 20 teaching positions, six staff positions, an administrator, cuts to the transportation and maintenance departments, special education cuts and a \$150,000 cut to athletics that could be representative of the removal of all sub-varsity sport teams.

The teaching reductions would be partially covered by those taking retirement incentives, but it's likely there would be real layoffs as well.

Even in this doomsday scenario, the cuts would come up \$2.7 million short of closing the gap. That represents a nearly 5 percent tax levy hike to cover the difference. There has been talk in the state legislature of pursuing a 2 percent property tax cap.

Despite reducing programming in the past two budgets, the district's expenses keep ballooning every year. That's a function of rising healthcare and pension costs, said district CFO Judith Kehoe, and revenues are falling at the same time.

"The dramatic changes that we're seeing are in our salaries and our benefits," she said. "It feels almost as if the bottom is falling out of the revenues we're dealing with."

The budget picture should get sharper once Gov. Andrew Cuomo presents his own budget plans in early February.

Questions from the forum's audience ranged from operational facts like how much of the fund balance is left (about \$11 million, \$2.3 million of which is scheduled to be spent this year) and whether the district pays property taxes (no, just water and sewer taxes).

Many in the physical and cyberspace audience

had much more specific queries, though, and a sizable contingent were clearly concerned about the possible closing of Clarksville Elementary, an idea Tebbano is preparing a feasibility study on for the school board. It's possible a decision could be made in coming months and impact the 2011-12 budget, and it's a possibility that's being considered seriously enough that a search for a new principal there has been suspended.

Some asked why the district had spent \$3 million on Clarksville renovations during its reconstruction project, and why Eagle Elementary was built at all in 2008.

Tebbano said enrollment projections before the housing market collapse had been markedly different, with as many as 90 single family homes planned for the Clarksville area that never materialized. Since then, enrollment at the school has only been falling.

"If we did nothing and hypothetically that whole thing did blossom, we'd be in another way," he said.

It's possible the district would simply close the school and wait for things to turn around, rather than selling it and risking a charter school operation moving into the area. The school board will consider the details at its next meeting on Feb. 2.



Joan Porco, right, accompanies her son Christopher to his 2006 trial on charges he attacked his parents with an ax, killing his father and maiming his mother.

Spotlight file photo

Appeal

(From Page 1)

Porco, not by anything she said at trial, but by what a police officer claims she did while lying grievously injured in a pool of blood," he said.

"All we know is a police officer asked a question, and a police officer said she shook her head," Kindlon added. "We have no idea of what that nod meant."

Prosecutors also tried to trace Porco's whereabouts leading up to the attack, arguing he left the University of

Rochester and traveled to Delmar to commit the crime, then raced back. The appeal describes this and other evidence as circumstantial.

An appeal was argued in a lower court last year, and Porco's conviction was upheld.

Albany County prosecutors will now file a response to the appeal, probably sometime in March. Depending on the Court of Appeals' schedule, the case could see a hearing in May or June.

Porco is serving a 50 years to life sentence.

-Charles Wiff

LEGAL NOTICE

Town departments, as and when needed.

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Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informality in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
Nanci Moquin
TOWN CLERK
Dated: February 09, 2011
71386 (D)
(February 2, 2011)

LEGAL NOTICE

NOTICE TO BIDDERS. NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Sterling CP-

LEGAL NOTICE

837 Zinc Orthophosphate for the Public Works and other Town departments, as and when needed.

Bids will be received up to 3:30 p.m. on the 23rd day of February, 2011 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mr. Samuel E. Messina, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY of each bid shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informality in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
Nanci Moquin
TOWN CLERK
Dated: February 09, 2011
71387 (D)
(February 2, 2011)

LEGAL NOTICE

NOTICE TO BIDDERS. NOTICE IS HEREBY GIVEN that the Town Board

LEGAL NOTICE

of the Town of Bethlehem hereby invites sealed bids for Rental of Portable Toilets.

Bids will be received up to 3:30 p.m. on March 1, 2011 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Mr. Sam Messina, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY of each bid shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informality in or to reject any or all bids.

BY ORDER OF THE TOWN OF THE TOWN OF BETHLEHEM
Nanci Moquin
TOWN CLERK
Dated: February 2, 2011
71388 (D)
(February 2, 2011)

LEGAL NOTICE

PUBLIC NOTICE. PLEASE TAKE NOTICE that at the next meeting of the Planning Commission

LEGAL NOTICE

of the Village of Voorheesville the Board will hold a PUBLIC HEARING for the following application from: Karen Hewitt: who is seeking approval of a Site Plan Review for an 18-seat café in the building located at 1 S. Main Street. The meeting will be held on Tuesday, February 8 at 7 PM at the Village Hall, 29 Voorheesville Ave., Voorheesville, NY 12186.

BY ORDER OF THE PLANNING COMMISSION
Georgia Gray, Chairperson
Dated: January 25, 2011
71389 (D)
(February 2, 2011)

LEGAL NOTICE

Notice of Formation of Lingerlong Lodge, LLC, Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/19/11. Office location: Schenectady Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 74 Oakdale Ave., Schenectady, NY 12306. Registered agent: Anna R. Soellner, 74 Oakdale Ave., Schenectady, NY 12306. Purpose: any lawful activities.
71391 (D)
(February 2, 2011)

LEGAL NOTICE

Notice of Formation of 3 Wildwood LLC, Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/19/11. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Katrina Levin, 3 Wild-

LEGAL NOTICE

wood Lane, Boulder, CO 80304. Purpose: any lawful activities.
71392 (D)
(February 2, 2011)

LEGAL NOTICE

Notice of Formation of 5094 Broadway LLC, Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/20/11. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Purpose: all lawful purposes.
71395 (D)
(February 2, 2011)

LEGAL NOTICE

Notice of Formation of 425 West 218 LLC, Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/20/11. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Purpose: all lawful purposes.
71396 (D)
(February 2, 2011)

LEGAL NOTICE

SENIOR TRANSITION SOLUTIONS, LLC, a domestic Limited Liability Company (LLC), filed with the Sec of State of NY on 1/13/11. NY Office location: Sch-

LEGAL NOTICE

nectady County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process against the LLC served upon him/her to Steven J. DiStefano, 922 Morgan Ave., Niskayuna, NY 12309. General Purposes. Latest date to dissolve 1/13/2041
71397 (D)
(February 2, 2011)

LEGAL NOTICE

Notice of Qualification of RIS Insulation Supply (New Jersey), LLC. Authority filed with Secy. of State of NY (SSNY) on 1/20/11. Office location: Albany County, LLC formed in Delaware (DE) on 2/18/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 615 South DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity.
71398 (D)
(February 2, 2011)

LEGAL NOTICE

RESOLUTION AND PUBLIC NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 26th day of January, 2011, duly adopted, subject to a permissive referendum, a resolution as follows: WHEREAS, the Town Board

LEGAL NOTICE

of the Town of Bethlehem has determined that it is necessary to fund the purchase and installation of a cold storage building at the Clapper Road Water Treatment Plant, and WHEREAS, it is estimated that the costs of said work will not exceed \$35,000; and WHEREAS, in recognition of these needs, funds for such purpose are in the Water Fund Capital Reserve Fund; and, NOW, THEREFORE, BE IT

RESOLVED that it is in the public interest to purchase and install a cold storage building at the Clapper Road Water Treatment Plant; and BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve moneys to fund this project up to a maximum amount of \$35,000 and, BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the Water Fund Capital Reserve Fund the funds necessary up to \$35,000 in said reserve fund; and This resolution shall be subject to a permissive referendum, as permitted by law. The motion to adopt the resolution was made by Councilman Kotary, was seconded by Councilwoman Dawson and duly adopted by the following vote: AYES: Supervisor Messina, Councilwoman Dawson, Councilman Hennessey, Councilman Jordan, Councilman Kotary
NOES: none
ABSENT: none
DATED: January 28, 2011
71399 (D)
(February 2, 2011)

Snow

(From Page 32)

but it's a real jumble after that.

Hopefully, the weather will cooperate enough to allow all of these teams to play their remaining schedules without having to cram three or more games into the final week.

Glens Falls native Jimmer Fredette may be lighting up the scoreboard for BYU, and Albany's Talor Battle may be the player that helps Penn State score a post-season tournament berth, but Guilderland High School graduate Steve Dagostino has them both beat in the basketball championship department.

Dagostino scored a championship game-record 35 points to lead the Sheffield Sharks past the Mersey Tigers 93-66 in the British Basketball League Cup final last month. Dagostino also set a BBL Cup record for most three-point shots made in a game: I don't know what that total was, though,

because the BBL Web site's account didn't list it. Apparently, they don't do a lot with box scores in Great Britain.

Congratulations to Dagostino for the most clutch performance by a Section II alum on a basketball court thus far. The ball is now in your court, Mr. Fredette.

By beating former No. 1-ranked Yale last weekend, both Union and RPI made their cases as contenders for the ECAC hockey title.

Union (18-7-1) has now pulled itself within one point of Yale for the league lead with one month left in the regular season. More importantly, last Friday's 3-2 victory over the Bulldogs confirmed that the Dutchmen have the talent to beat anybody in the nation.

RPI (17-6-3) probably already felt it could beat anybody before it downed Yale 5-2 last Saturday. Now, the Engineers have to keep the momentum going,

since they are in a dogfight with several other teams for a high playoff seed. Currently, they are tied with Dartmouth for fourth place, one point behind third-place Princeton and three points behind Union.

The only problem is, we won't be able to see them do it. The ECAC Tournament moved to Atlantic City this year, so if Union and RPI happen to reach the championship game, they'll be playing it in front of flies in southeastern New Jersey instead of in front of thousands of their supporters in Albany (which is where the tournament had been the past several years).

Timing is everything.

Finally, my prediction for Super Bowl XLV is that people will remember the commercials more than the game itself, which will (hopefully) be won by the Green Bay Packers. Aren't the commercials what everyone watches, anyway?

Flame

(From Page 32)

fielding a merged team with Schalmont for several years. The Mohonasen-Schalmont program had its own problems with low participation numbers.

"From what I understand, there were very limited numbers coming from Schalmont, so it would have been difficult for them to field a team," said DeRubertis. "And we only had 12 players coming back [this season]."

The merger also meant

that Mohonasen-Schalmont coach Andy Cuthbertson had to take on a new role as DeRubertis' assistant.

"He's been unbelievable to work with," said DeRubertis. "He does a great job with the kids."

Despite DeRubertis' experience and Cuthbertson's enthusiasm, wins have been hard to come by for Guilderland-Mohonasen. Through last weekend's action, the Dutch Warriors—as they are now called—own a 3-7-0 record in the Capital District High School Hockey League and a 4-13-0 overall mark.

"For some of the losses we've taken, I've been surprised by the results," said DeRubertis. "We took a 10-2 loss to Shaker/Colonie a couple of weeks ago, and it was one of the worst losses I've ever taken. But then we go to Shenendehowa the next night and lose 5-2, and we took it to them."

"We need to be more consistent with our effort," he added.

Guilderland-Mohonasen returns to the ice Saturday when it travels to the Albany County Hockey Facility to face Christian Brothers Academy.

Dagostino earns MVP award

By ROB JONAS
jonasr@spotlightnews.com

Guilderland High School graduate Steve Dagostino picked the right time to have his best game of the British Basketball League season.

Dagostino scored 35 points to lead the Sheffield Sharks to a 93-66 victory over the Mersey Tigers in the BBL Cup Champion-

ship game last month in Birmingham, England.

Dagostino set a new championship game record for most points and most three-pointers on his way to earning most valuable player honors.

"The MVP was very special because the cup is a very big deal over here in England," said Dagostino in an e-mail. "There were about 6,000 people at the

game, and it was live on Sky TV in Europe. The award is nice to have, but winning my first championship over here in Europe is even better."

Sheffield is the fourth European team Dagostino has played for since graduating from college.

"England has been great. It's just like being in the [United] States," said Dagostino.

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Dutch

(From Page 32)

"We had five games in five weeks," said Osinnski. "We've had practices, but you can only do so much in practice."

Ravena-Coeymans-Selkirk also participated in Sunday's Coaches vs. Cancer event, which was sponsored by Albany Academy.

The Indians (0-10, 1-13) played Lansingburgh in their regularly-scheduled Colonial Council game. And despite a 20-point afternoon from Kenny Fuqua, the Indians fell to the Knights (8-2, 11-4) 75-52.

Lansingburgh established control in the middle portion of the game. The Knights outscored R-C-S

42-20 in the second and third quarters to turn a close game into a rout.

Sajae Pryor led the Knights with 19 points. Ohmeire Jones and Salaam Knight each contributed 15 points.

Larry Rivers had 17 points to go along with Fuqua's 20 points for the Indians.

R-C-S had another mid-game let down last Friday in a 72-53 loss to Cohoes.

The Indians were within six points of the Tigers (6-3, 8-4) at halftime before Cohoes went on a 17-6 run in the third quarter to pull away for good.

Desmond Williams had 24 points, and Fuqua contributed 17 points for R-C-S, which has yet to win a league game. Richard Williams' 17 points paced Cohoes.

The Indians are off until next Tuesday when they travel to Mechanicville.

Lansingburgh entered its game against R-C-S off a 53-47 victory over Voorheesville last Friday.

The Blackbirds (1-8, 2-11) stunned the Knights by racing out to a 16-2 lead in the first quarter. Lansingburgh quickly recovered, though, as it outscored Voorheesville 51-31 the rest of the way.

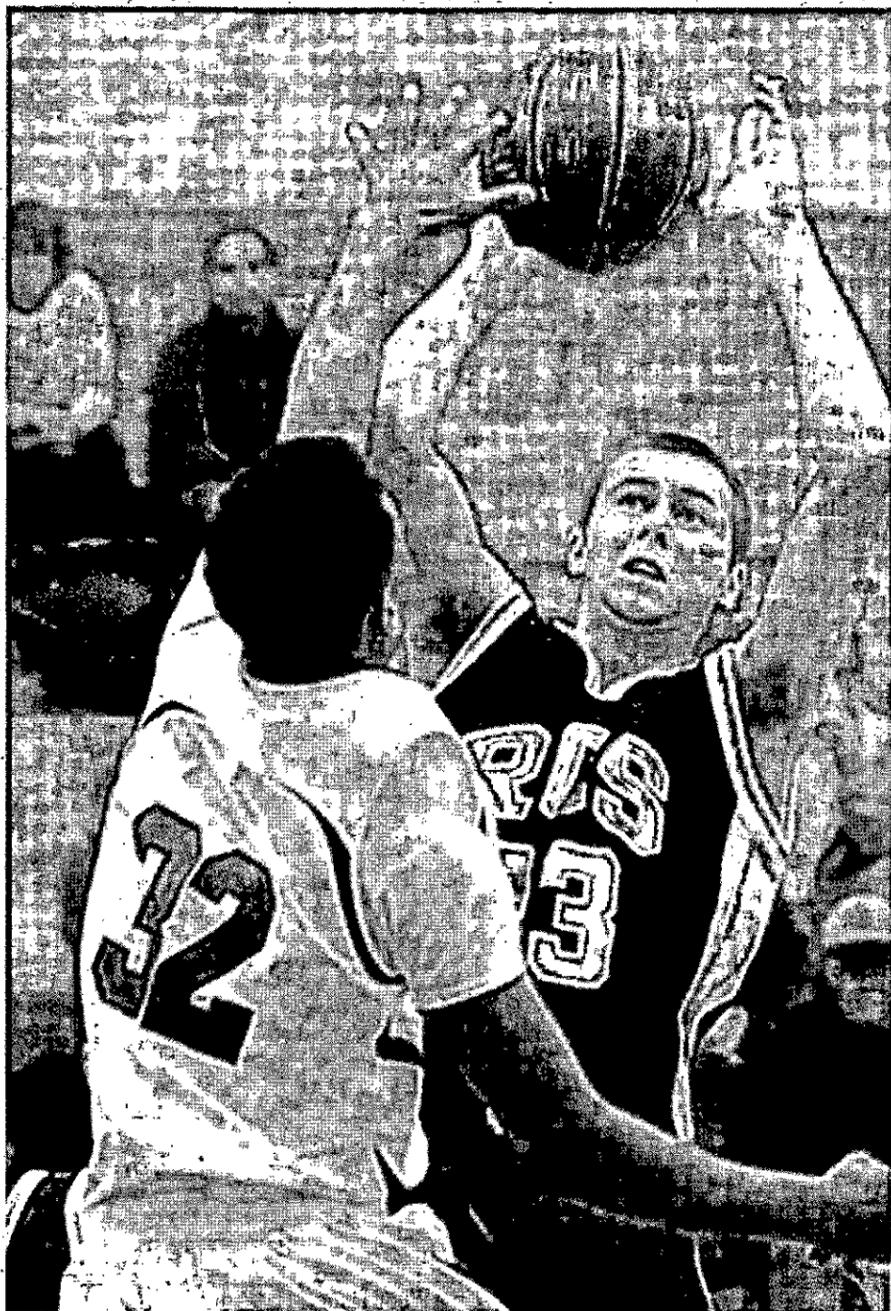
Messiah Knight had 20 points, and Pryor chipped in with 14 points for the Knights. Russ Daly paced Voorheesville with 14 points.

The Blackbirds were scheduled to play Fondafultonville Tuesday in a Colonial Council game. Their next home game is Friday against Cohoes.

In other boys basketball action last weekend, Bethlehem (9-2, 9-4) maintained its hold on first place in the Suburban Council South Division standings with a 59-39 victory over Ballston Spa.

Seven players scored three or more points to help the Eagles cruise to the 20-point victory over the Scotties (1-9, 2-10). Scott Claş and Mike McLeer each had 12 points to lead the balanced attack.

Bethlehem was scheduled to host Averill Park Tuesday in a tune-up for Friday's showdown with Mohonasen in Rotterdam.



Ravena-Coeymans-Selkirk's Kenny Fuqua shoots over a Lansingburgh defender during Sunday's Coaches vs. Cancer game at Siena College. Robert Goo/Spotlight

Well

(From Page 32)

1:30 into the third stanza.

Bethlehem tied the game on Gosstola's second tally at the 5:25 mark of the third period before Rye reclaimed the lead on Michael Benincasa's goal with 6:51 left. Matt Moran sealed the victory with a goal late in the third period.

The Eagles had a harder time breaking through Pelham's defense in last Saturday's 3-1 loss, but they stayed close thanks to sophomore goaltender Kevin Cooley, who made 26 saves in his first varsity start.

"He played phenomenally well," Rodrigue said of Cooley. "Patrick Miron also played well against Rye."

The games against Rye and Pelham were the last non-league contests on Bethlehem's schedule. The final two weeks will be dedicated to cementing a top-four seed for the Section II Division I playoffs.

"We're preparing these guys for the playoffs by taking them a bit out of their comfort zone and

having them play tough teams from outside of our league," said Rodrigue.

Bethlehem's playoff seeding push begins Friday when it travels to Glenville to face Niskayuna/Schenectady in a Capital District High School Hockey League game.

"It's probably our biggest game of the season," said Rodrigue. "It's a two-point game... and we need those two points desperately to solidify a home playoff game for the first round."

BC relay team wins in NYC

The Bethlehem boys 3,200-meter relay team took first place at the New Balance Games Jan. 22 in New York City.

The team of Luke Carpinello, Matt Crawford, McKinley Gray and Chris Collier finished with a time of 8:03.73.

Bethlehem's sprint medley relay team of Max Seiler, Kyle Bossung, Erick Herman and Dominic Simoeone placed 22nd out of 48 teams at the New Balance Games.

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Sports in the Spotlight

Dutch offer little support

Dobbs scores 14 for Guilderland in loss to Mohon

By ROB JONAS
jonasr@spotlightnews.com

The Guilderland boys basketball team has a superstar in the making with junior guard Cameron Dobbs.

The problem is, the rest of the Dutchmen haven't been offering Dobbs enough support at the offensive end to produce a lot of wins.

The most recent example came during Sunday's Coaches vs. Cancer event at Siena College. Dobbs was the only Guilderland player to reach double figures in a 54-46 loss to Suburban Council South Division rival Mohonasen.

"We do have times where various kids step up and score points," said Guilderland coach Ron Osinski. "We just haven't been consistent in doing that."

A lack of scoring support for Dobbs wasn't the only problem for Guilderland (5-6 league, 6-7 overall). Turnovers also doomed the Dutchmen.

"We had 17 turnovers against Mohonasen, and most of them were mental mistakes," said Osinski. "Physical mistakes happen, and I understand that. But we've got to cut down on our mental mistakes."

Guilderland's defense did what it could to keep the Dutchmen close to Mohonasen (9-3, 10-4), but the Mighty Warriors erupted for 18 points in the fourth quarter to pull out the eight-point win.

"They're a good team with kids that can make



Guilderland's Jordan Weeden, right, goes up for a shot during Sunday's Coaches vs. Cancer game against Mohonasen at Siena College.

Robert Goo/Spotlight

plays," said Osinski. "Every time we had a defensive lapse, they'd take advantage of it."

Ben Dalton scored 17 points to lead three Mohonasen players in double figures. Grant Massaroni contributed 12 points, and Jeffrey Kruzinski added 11 points for the Mighty Warriors.

Dobbs had 14 points for Guilderland, but the individual totals dropped off after that. Brendan Doak, Taylor Dubose, Alex Gaines and Chris Yankowski all scored six points.

The Dutchmen are scheduled to play Ballston Spa Wednesday in a make-up of a game that was supposed to be played Jan.

7 but was postponed twice due to snow. Wednesday's forecast called for a major winter storm.

Osinski lamented the fact that until last weekend's games against Mohonasen and Burnt Hills-Ballston Lake, his team had been more inactive than active.

□ Dutch Page 31

Playing well through losses

Rodrigue praises young Eagles after road trip

By ROB JONAS
jonasr@spotlightnews.com

The Bethlehem hockey team has maintained a high level of play in recent weeks.

The Eagles just haven't had the wins to show for it.

Bethlehem (7-3-1 league, 8-7-1 overall) lost to Rye 5-3 and Pelham 3-1 last weekend in southern New York, leaving the Eagles with one win in their last seven games.

"It's one thing to play well and lose once in a while," said Bethlehem coach Andre Rodrigue. "We've played well and lost six of our last seven games."

But most of those games have been against teams ranked in the state."

Rye and Pelham entered last weekend's action ranked highly among the state's Division II (small school) programs, which was why Rodrigue wasn't discouraged by his team's losses.

"I thought we played great," said Rodrigue. "We were in both games 'til the end. We got what we expected out of the road trip. We gained a lot of experience."

Bethlehem had the lead on Rye in the second period of last Friday's game following goals by Andrew Carroll and John Gosstola. But the Garnets tied the game late in the second period and took a 3-2 lead on Henry Buckley's goal

□ Well Page 31

Dutch Warriors keep flame alive

Mohon merger helps G'land plug along

By ROB JONAS
jonasr@spotlightnews.com

When the Guilderland hockey team needed help from another school to keep going, Mohonasen was only happy to oblige.

And though the merged Guilderland-Mohonasen program has struggled to win this season, coach John DeRubertis is just glad that there is a team.

"The merger has been

pretty smooth," said DeRubertis, Guilderland's long-time coach. "I've got a good group of kids. As far as the success on the ice, we've been struggling, but it's a young group."

Participation numbers at Guilderland had dropped dangerously low after last year, especially after the graduation of several seniors and a pair of transfers to Albany Academy.

Fortunately for Guilderland, Mohonasen was looking for another school to partner with after

□ Flame Page 30

Leading contenders rise up through the snow

You know the New York Yankees' off-season has been rough when Bartolo Colon is their biggest free agent signing for their starting rotation. Yep, I went there. OK, moving on...

• The winter sports season is trying to wind down around here – if only the weather would allow it.

With a forecast of a two-day snowstorm for the middle of this week, more high school basketball games are in jeopardy of being postponed. And with all the make-up games in the past few weeks, some teams could be facing a hectic finish to their regular seasons.

As we near the finish, here's how I see the basketball playoff picture taking shape in the four largest classifications.

Starting with the Class AA boys, Christian Brothers Academy (14-0) and Shenendehowa (12-1) will be the No. 1 seeds from their respective leagues. Schenectady has a chance to trip up unbeaten CBA Thursday at the Times Union Center, but the CBA should hold on for the Big 10 title. Meanwhile, Shen should finish with



a perfect Suburban Council record.

The Class A boys playoff picture is more muddy as Scotia-Glenville, Mohonasen and Lansingburgh are all vying for the No. 1 seed. If all things were equal, Scotia-Glenville – with its 12-1 record – would be the top seed, but the Section II seeding committee usually favors a strong team from the Suburban Council or Big 10 for that role. Mohonasen (10-4) could wind up stealing the No. 1 seed from Scotia-Glenville, especially if the Mighty Warriors win the Suburban Council South Division title.

Class BB (aka the new classification) has its own seeding challenge as it sorts through the teams at the top. Schenectady Christian (14-0) and Catskill (9-1) are the leading contenders for the No. 1 seed, but Saratoga Central Catholic (10-2) and Cairo-Durham (9-3) could slip in if either of those teams slip down the stretch. It will depend on which league gets the nod as the tougher one – the Western Athletic Conference, which Schenectady Christian and Saratoga Catholic are part of, or the Patroon Conference with Catskill and Cairo-Durham.

In Class B, Watervliet (12-3), Hoosick Falls (10-2) and Chatham (11-2) are all vying for the No. 1 seed. Again, the leagues these teams represent will come into play in terms of strength of schedule. From what I can tell while looking at the Colonial Council, Wasaren

League and Patroon Conference standings, Chatham and Watervliet have better chances of nabbing the top seed than Hoosick Falls. Then again, I won't be in the seeding room in two weeks when these decisions are being made, so I could be way off.

On the girls' side, Class AA is all about Shen (11-0) and Shaker (13-1) right now. The two Suburban Council North Division powers were scheduled to meet Tuesday in a rematch of their Dec. 7 season opener in Latham, which Shen won 50-42. Since then, the two teams have cruised through their league schedules for the most part, and I suspect that trend will continue after their rematch in Clifton Park.

In Class A, Scotia-Glenville (14-0) has built an impressive résumé, but will it be enough to give the Lady Tartans the No. 1 seed over Holy Names (13-1)? That depends on whether the Section II committee feels that the Foothills Council provided a tougher test for Scotia-Glenville than the Colonial Council did for Holy Names. Don't be surprised if Holy Names gets the nod here.

There is no Class BB in girls basketball, but the Class B bracket should be a good one with Maple Hill (14-0), Hoosick Valley (12-2), Watervliet (10-3), Cohoes (10-3), Mechanicville (10-2) and Ravena-Coeymans-Selkirk (10-3) in the mix. Maple Hill should get the No. 1 seed,

□ Snow Page 30

BOOMERS & Beyond



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February 2, 2011

Difficult decisions demonstrate great care

By KRISTIN VIVIAN

The writer is Director of Community Outreach at Delmar Place Assisted Living Community, 467 Delaware Avenue, Delmar. Visit anytime at delmarplace.com.

February is typically known as the month of love.

Images of cupids, fine chocolates and red roses can be seen everywhere around us. Valentines Day is usually thought of in terms of romantic love, but it is a great day to simply show or tell any of our loved ones how much we care about them. A written greeting, phone call or special gifts are ways to express our appreciation. But in some cases, a different kind of gift is required. It is a gift of support and understanding, or even the gift of assistance in making a life-changing transition.

Sometimes, demonstrating our feelings means helping loved ones make tough decisions. February, while on the

downward slope to spring, still holds long winter days, slippery sidewalks, tricky driving and other challenges for seniors who live in their own homes, many alone. It is a time of year when feelings of isolation are intensified by the limitations the season presents. The cold weather, shortened hours

to make but sometimes necessary.

A transition to assisted living offers seniors the opportunity to live independently, but with a safety net of staff and services in place to help. The goal of assisted living is to encourage and promote independence

management, sometimes included and sometimes for an additional charge to the base rent, which are provided by a 24-hour staff. These services can provide peace of mind for both the resident and their family members.

There are many assisted living communities around the Capital Region. To inquire, simply phone the community to schedule a tour or drop in at your convenience. Most communities have a website that offers a virtual glimpse at the amenities and services offered. A thorough search including several communities is encouraged.

If your loved one is struggling at home to remain safe, accomplish daily tasks, care properly for oneself, or is simply lonely, why not let them know how much you care by beginning the search with and for them into alternative senior living options.

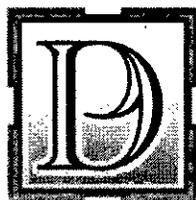
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of light and difficult driving conditions make this time of year particularly tough for seniors who may place limits on their own abilities during the winter months. Physical ailments or feelings of depression may be exacerbated by the cold weather, lack of sunlight and end of the holiday season. These factors and others may make seniors and family members begin to question the sense of maintaining a lifestyle at home alone. Such a decision is difficult

and quality of life for every resident, while providing the support services each person needs to achieve this goal. Most assisted living communities offer a host of services and amenities which include accommodations, utilities, telephone, internet, transportation, meals, housekeeping and laundry services, emergency call systems, as well as a host of social activities. Communities also provide assistance with daily living skills and medicine

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Ingersoll daily life enhanced by physical therapy

By ROSALYN LARRABEE

The writer is director of community relations at Ingersoll Place and can be reached at 518-370-4419.

Ingersoll Place Assisted Living and Memory Care has always prided itself for striving for the cutting edge. We try not just to care but also to listen attentively to the needs of our extended family, our residents. Socialization, activities, good nutrition and care management are all vital to the daily milieu.

One of the programs we offer is a morning exercise class that assists in making bodies strong and memories sharp. Music brings the program to life and our residents often sing along, which brings more meaning to the activity. Three times a week we feature assisted daily living exercises which incorporate things that we like for granted into exercise. Simple daily tasks like putting on a seat belt or lifting a small package exemplify the focus of the program. We recognize that we all grow old; we're trying to promote a smarter way to do it.

Of course, at Ingersoll we take into consideration the individual's taste and getting to know each resident's

preference. "Activity" means the "state of being active". Lacy, who heads our activity program, and Danny, who is a social director, both strive to make each day a special event for our residents. Lacy created our travel club and our "dinner and a movie" night. Danny initiated pool sharks and golf. They both listen and try to respond to the wishes of our residents. As one might imagine, our bingo games remain most popular and we try to make them more fun by adding a new "twist" each time.

Socialization is vital. Like the old neighborhoods when residents chatted while they hung their laundry to dry or made a pot of coffee and invited one in, at Ingersoll we talk, we share, we care about each and every one of us...residents, staff, and families. We are a place full of many stories that make us so rich in life.

Recently, Ingersoll has added the services of physical therapy (indirectly, as an option Hector P.T. visits our building). A licensed physical therapist makes himself available whenever his services are needed. While the resident certainly may choose an alternative service if desired, the provision of

Music brings the program to life and our residents often sing along, which brings more meaning to the activity.

physical therapy at Ingersoll provides the convenience of foregoing any outside appointments.

Typically, one thinks of physical therapy as the course of treatment sought after a stroke, broken hip, or orthopedic surgery. In all cases, physical therapy treatment requires the order of a physician, but it can also offer far more extended services than those traditionally identified with it.

The usefulness of PT often extends well beyond someone who has had a stroke or a hip replacement. Physical therapy can promote strength, improve balance,

and help maintain an individual's independence for as long as possible. PT can focus on flexibility, help one's endurance, and even help with pain management. Physical therapy can also be beneficial for the cognitively impaired. For the person with Alzheimer's, the therapist can call on familiar movements from the past (perhaps bowling, gardening, golf) to help maintain functioning.

One of the things we fear most as we age is a feeling of isolation. The days are full of ups and downs. Physical therapy is just another way we can add a little hope to the journey. Above all, Ingersoll encourages a sense of humor through socialization, an atmosphere full of activity, and meal times that offer a family ambiance.

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First Baby Boomers turning 65 this year

Few people attain celebrity simply by being born, but that's just what happened to Kathleen Casey-Kirschling.

Born one second past midnight on January 1, 1946, Kathy Casey became the first Baby Boomer to be born in the United States. Kirschling leads the ranks of the reported 79 million Baby Boomers born between 1946 and 1964.

It has taken a while for Kirschling to grow accustomed to her notoriety. Her first taste of fame came when she was heralded as the first Boomer in the Landon Jones book "Great Expectations: America and the Baby Boom Generation." Jones helped paint Kirschling as the face of the generation. Throughout her adult life Kirschling has been featured in numerous magazine, newspaper and television features about her life and

Did you know?

In 2011, the first of the Baby Boom generation will turn 65. That means many more people will be facing retirement age and moving into their golden years.

times as the first Baby Boomer. The world watched when she turned 40, 50 and 60 ... when she filed for Social Security benefits. Chances are the world will also be watching when Kirschling rings in the new year while turning 65.

In a 2006 interview with USA Today, Kirschling said, "I don't feel like I am a spokesman for the generation, but I have just a little part of every part of the generation in me. I am definitely a Baby Boomer, in the true sense of the

word -- the good and the bad."

Kathy Casey-Kirschling isn't the only person who was born on January 1, 1946 -- although she very well may be the first. Here are some other notable Baby Boomers who share the same birthday.

- * Rick Hurst, Actor
- * Robert Rivelino, Brazilian football player
- * Manfred Stengl, Austrian Olympic Gold Medalist

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lose weight after 50

Few people relish the steps needed to drop a few pounds. But losing weight when you are younger may be easier than it is for those who are older. That's because metabolic changes and habits may interfere with weight loss.

As we age the body goes through different changes. For many, metabolism might just slow down. That means whatever is eaten could take longer to be digested and burned off. However, metabolism isn't directly linked to age. It has to do more with muscle mass.

It is well known that muscle burns fat. The more muscle a person has, generally the less fat there is and whatever fat is present is burned more quickly. As we age, muscle mass may decrease. This contributes to metabolism changes, often resulting in more fat.

There are different types of fat that can affect one's health.

Visceral fat: This is the most dangerous fat that surrounds the internal organs. It can be hard to get rid of this fat without healthy eating and exercise.

Subcutaneous fat: This fat is directly underneath the skin. Although it can be unsightly and cause a person to be self-conscious, it isn't as dangerous medically and is the easier fat to remove with diet and exercise.

To help ensure health and promote greater weight loss, here are some tips to employ.

* **Get walking:** Walking is a low-impact cardiovascular exercise that is beneficial to most people. In addition to cardiovascular exercise, walking can help to reduce stress.

* **Eat smaller portions:** As we age we may simply need less food to fill us up. Try scaling back on portions.

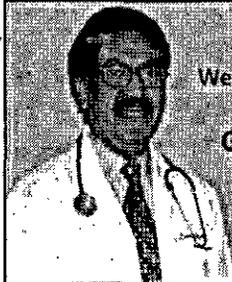
* **Do toning exercises:** Muscle strengthening exercises can keep muscles strong, which can promote overall strength and better posture. It can also help to keep bones and joints aligned to reduce injury.

* **Make gradual changes:** Sudden changes could be jarring to the body. Plus, they're harder to accept than gradual changes. A little change here and there is most effective.



Metabolic changes and habits may interfere with weight loss after the age of 50, but there are ways to promote greater weight loss.

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Dr. Divakara joins us from The Stratton Veterans Affairs Medical Center. He has extensive experience presenting on topics relating to his specialized field of adult medicine and makes it a point to practice both evidence and experience-based medicine. Dr. Divakara has served as the Chairman of numerous quality control committees throughout his career and has participated in clinical research studies and publications on topics including hypertension, and disease prevention and screening.

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Old Songs Plates dance

Old Songs will host a participatory contradance Saturday, Feb. 5.

The evening will start with a potluck at 6:30 p.m., followed by dance instruction at 7:30. The dance starts at 8 with caller Paul Rosenberg and live music by Bill Welling and Friends.

Admission is \$10. Participants must have clean, soft-soled shoes. For more information, call 765-2815.

Swing dance Set for Feb. 4

A Capital Swing Dance will be held Friday, Feb. 4, from 8:30 to 11:30 p.m. at the Albany Elks Lodge, 25 South Allen St.

Music by Sonny and Perley's Jive Five. Admission, including 7:30 beginner lesson, is \$15 or \$12 for DFO members and \$10 for seniors and students.

For more information, visit www.danceflurry.org/swing.

More Boomers turning to online dating



After losing a loved one or completing a divorce, many baby boomers are considering getting back into the dating pool.

Individuals over the age of 50 are turning more frequently to Internet dating to find a new significant other.

After losing a loved one or completing a divorce, many baby boomers are considering getting back into the dating pool. Internet dating sites often provide a good number of candidates for busy people to consider. In busy times filled with work responsibilities and family obligations, logging on to the computer to find a date can be much easier than finding a date in a social setting.

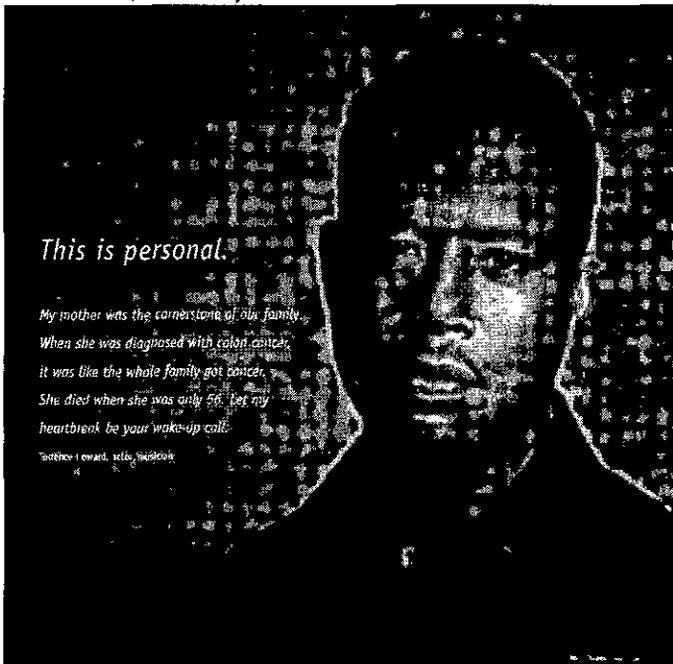
Twenty-two percent of the registered members of Match.com are over the age of 50. There's a good chance that other popular dating sites also have a growing

number of older participants as well. There are also dating sites geared to the over-50 crowd to make narrowing down prospects even easier.

Finding oneself in midlife and looking for a date or new mate is actually quite common. Thousands of people are in the same situation. In a September 2003 study of singles aged 55-74, The American Association for Retired People discovered that 41 percent said of respondents cited "Having someone to talk to or do things with" as the most important reason for dating.

Seniors dating can have a unique set of challenges in comparison to younger daters.

Dating Page 1



This is personal.

My mother was the cornerstone of our family. When she was diagnosed with colon cancer, it was like the whole family got hit. She died when she was only 56. Let my heartbreak be your wake-up call.

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Colorectal cancer is the second leading cancer killer in the U.S., but it is largely preventable. If you're 50 or older, please get screened. Screening finds precancerous polyps so they can be removed before they turn into cancer. And screening finds colorectal cancer early, when treatment works best. If you're at increased risk—if you have a personal or family history of polyps or colorectal cancer, or you have inflammatory bowel disease—ask your doctor when to start screening. Screening saves lives.



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Baby Boomers should plan ahead

The senior population is growing by leaps and bounds. According to the United States Census Bureau, by 2011 there will be twice the amount of seniors that there were in 2000. That's because the first Baby Boomers will turn 65 that year. Boomers should start thinking about estate planning now if they haven't already.

it's hopeful to expect a long life, sudden illness or other conditions are impossible to predict. Taking the time now to create an estate plan

It's never too soon to start estate planning. While it's hopeful to expect a long life, sudden illness or other conditions are impossible to predict.

Estate planning is the process of dissolving the items and property owned, as well as making end-of-life arrangements. Taking steps while one is physically and mentally able ensures that plans will be carried out as a person desired. It can also alleviate some of the burden on surviving family members when the time comes.

ensures that desires will be met and family will be left knowing how to carry out a person's wishes.

Estate planning involves a number of components: will; power of attorney/executor of estate; living will or healthcare proxy; trust.

* A will is perhaps one of the most important estate planning documents to draw up. It wills where assets will go and who will be in charge of financial and personal affairs when a person dies. It is inexpensive to draw up a will (there are even legal forms a person can purchase to do it oneself) even if an attorney is hired. At the least, everyone should have a will.

There are a number of things individuals can keep in mind when planning their estates and making other important decisions.

* An estate plan is important regardless of personal wealth. A person with only \$10 to his name can still draw up a plan.

* It's never too soon to start estate planning. While

* Compile a list of all
 Plan Page 15



Seniors who have suffered financial losses resulting from the recession can still enjoy their golden years with a few adjustments to their financial planning.

Helping seniors cope with financial loss

During the global economic downturn in 2009, many people were forced to reassess their financial futures. While some weathered the storm better than others, few came out of the recession in better shape than they entered it.

boomers or senior citizens. While some senior citizens were savvy enough to see the economic downturn coming and therefore minimize the damage done to their nest eggs, many more witnessed their retirement savings take a big hit.

Perhaps no group of people was more hurt than baby

In many cases, the
 Loss Page 15

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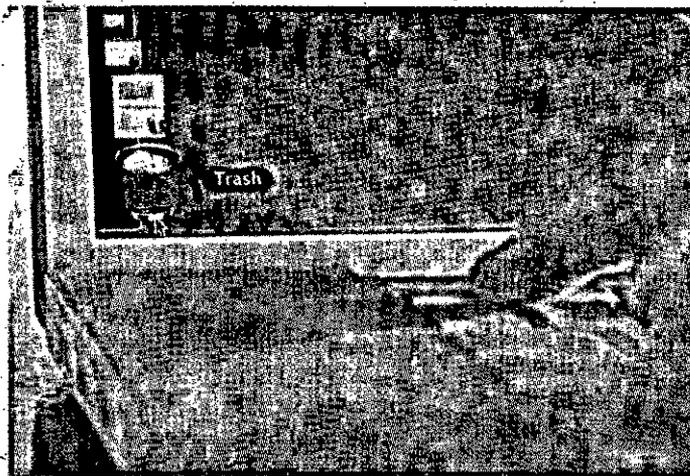
New motivation for recycling: cash

People have many incentives for recycling, including the environmental benefits. But there may be a universal reason that may inspire those who have thus far been reticent to recycle. That motivation is cold, hard cash.

Recycling electronics and home appliances can garner an individual some money, depending on the recycling method. Items in good condition could provide anywhere from \$10 to several hundred, depending on the device.

There are many outlets to explore to recycle used merchandise.

* Government rebate programs: It pays to explore the incentives a city, state or



Before discarding used electronics, find out what options are available to make some money or do some good by donating to a local charity.

province offers for items that would otherwise be discarded. Some organizations will actually pick up unwanted

appliances and offer some money for the machine. The United States' "Cash for Appliances" program

offers rebates (anywhere from \$50 to \$200) when a new, energy-efficient appliance was purchased to replace an older appliance.

* Traditional sales: Another way to "recycle" merchandise is to sell it. Online auction sites, newspaper classifieds and other methods of selling items can yield good results. Many people are looking to get a deal in this challenging economy, and a slightly used smart phone or e-reader may be more enticing than purchasing a brand new item at a higher cost. Research the resale value of a given item before putting it up for sale.

* Specialty companies: Organizations like Nextworth,

□ Cash Page 14

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Explore Bingo beginnings

Millions of dollars are collected annually at carnivals, church functions and other events from Bingo proceeds. This seemingly simple game of called numbers attracts quite a following. Bingo has been around for centuries but was not always known as bingo.

Bingo owes its origins to Italy during the 1500s. The game is a form of lottery that the Italians called Lo Giuoco del Lotto d'Italia, or The Italian National Lottery. Eventually the game caught on in France as well. In Le Lotto, cards had horizontal rows with five numbered and four blank squares in a random arrangement. The vertical rows contained numbers from 1 to 10 in the first row, 11 to 20 in the second row, and so on, up to 90. Each lotto card had a different arrangement of numbers. Chips numbered from 1 to 90 completed the playing equipment and were pulled out of a bag and called.

As individuals emigrated to North

America or visited European countries, the lotto game spread. A variation on the lotto game was a hit at carnivals across the United States. Players were given numbered cards for a fee, and a "caller" would pull numbered disks out of a box or bag. If a player had the number called, he or she would place a bean on a card. When a row of numbers on the card was filled with beans, the player would shout "Beano"!

A toy company owner named Edwin Lowe came across a country carnival in Jacksonville, Georgia, where players were addicted to the Beano game. He observed the game and then went home to New York and crafted the game for his own personal play. Upon inviting friends over to try their luck at Beano, an excited player stood up and called "Bingo" instead of "Beano" when she won. Lowe knew the game - with a name change - would be a hit. He marketed

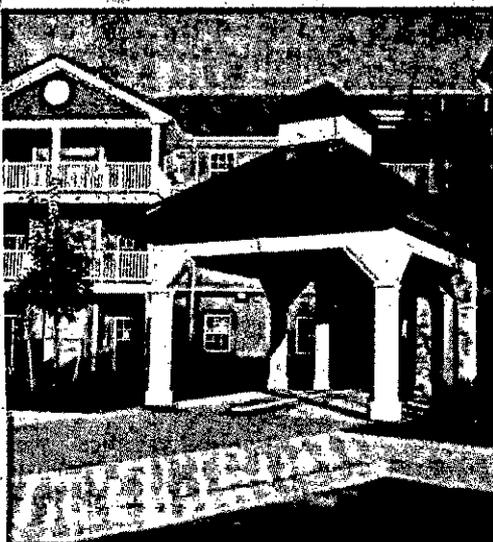


the game and it caught on quickly, even attracting imitators. Lowe didn't patent his game. He simply asked imitators to pay him a dollar for use of the game concept and call their games "Bingo" as well.

Over time, Bingo became a staple at church fundraisers. However, there weren't enough numbered card variations in Bingo games to meet the needs of big crowds. Therefore, Lowe hired a Columbia University

□ Bingo Page 14

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Heart conditions can be 'silent'

The image many people get when they think of heart conditions is a grown man clutching his chest.

But not all heart conditions are as obvious or pronounced as heart attack.

Ischemia is a term used to describe the restriction of oxygen-rich blood to an area of the body. Cardiac ischemia occurs when the blood cannot reach the heart.

Generally cardiac ischemia causes pain in the chest, known as angina.

However, in some cases there is no warning pain and the condition is called silent ischemia.

Facts and Figures on Silent Ischemia

Silent ischemia affects roughly 3 to 4 million Americans every year. Individuals who have had a previous heart attack are at higher risk for silent ischemia than others. But there are many other risk factors:

- * Diabetes
- * Coronary artery disease
- * Hypertension
- * Coronary artery anomalies
- * Smoking
- * Obesity
- * Alcohol and drug abuse

Silent ischemia is a potentially dangerous heart condition that's difficult to detect and can result in cardiac arrest.

Silent Page 12

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Understanding a complicated disease

Amyotrophic lateral sclerosis (ALS) is a disease many people are familiar with, though they might not know it. A disease that affects nerve cells in the brain and spinal cord, ALS is more commonly known as "Lou Gehrig's Disease," so named because of the famed New York Yankees first baseman who died of the disease shortly after retiring from baseball.

While its famous namesake has given it name recognition, ALS remains a mystery to many people, including researchers who continue to search for a cure. As that research continues, the best weapon people have against ALS is knowledge, namely what the disease is, what its symptoms are and who's most susceptible.

What is ALS?

When a person has ALS, specific nerve cells in the brain and spinal cord slowly die. These nerve cells are known as motor neurons, and reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. These cells progressively degenerate, eventually leading to death. According to the ALS Association, the death of these motor neurons robs the brain of its ability to initiate and control muscle movement. As the disease progresses, it is possible, thanks to this lost ability to control muscle movement, for patients to become totally paralyzed.

What Are the Symptoms of ALS?

Initial symptoms of ALS could be very difficult to recognize, and are often overlooked. In addition, not all people with ALS experience the same symptoms. However, symptoms of ALS can follow a common progression.

1. **Muscle weakness:** Muscle weakness is often the first sign of ALS, and occurs in approximately 60 percent of ALS patients. Typically, this weakness is concentrated in one area, such as weakness in one leg, one hand, the face, or even the tongue. The muscle weakness then gradually spreads, as the motor neurons begin to die and the muscles get weaker and smaller as a result.

2. **Fasciculation:** This is essentially cramping and twitching of the muscles, and tends to appear after initial muscle weakness as the muscles weaken but before they completely deteriorate. This twitching is often most noticeable in the hands and feet, and difficulty using hands and fingers to perform tasks can occur.

3. **Loss of function in arms and legs:** As the disease progresses, so, too, does the loss of function in both the arms and legs.

4. **Difficulties with speech:** "Thick speech" will develop as patients begin to have difficulty speaking and projecting their voice.

5. **Shortness of breath, difficulty breathing and swallowing:** These symptoms are often indicative that ALS has entered its advanced stages.

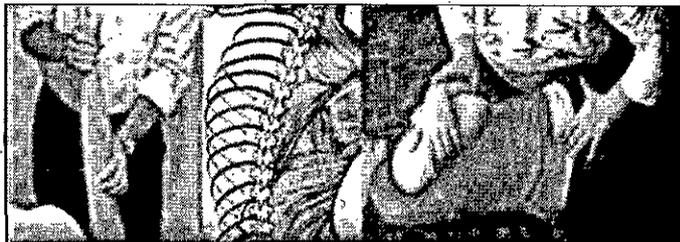
Who Gets ALS?

ALS is not a very common disease, but this fact hasn't resulted in the disease being brushed aside; research as to a cure is ongoing. Estimates suggest as many as 30,000 Americans have ALS at any given time, with 5,600 new diagnoses each year.

Demographically, the ALS CARE Database indicates 60 percent of ALS patients are men, and 93 percent of

patients are Caucasian. The average age of diagnosis is 55, and most people who develop ALS are between the ages of 40 and 70. While the disease occurs in greater percentages as men and women grow older, there are instances where ALS has occurred in persons in their 20s and 30s. Interestingly, as men and women age, the incidence of ALS in men and women is more equal.

☐ *ALS Page 12*



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□ Silent

(From Page 10)

* Cardiomyopathy

If ischemia lasts too long or is especially severe, it may cause a heart attack. It can also affect the natural rhythm of the heart and its pumping ability, which can cause fainting, and even sudden cardiac arrest.

Symptoms and Diagnosis

Silent ischemia has no symptoms. However, if a person has had previous episodes of chest pain, there's a likelihood that he or she could also be experiencing silent ischemia and not know it. Doctors may use an exercise stress test to determine silent ischemia. Also, a special monitor called

Silent ischemia has no symptoms. But if a person has had previous episodes of chest pain, there's a likelihood that he or she could be experiencing silent ischemia and not know it.

a Holter monitor will record the heart rate and rhythm over the course of a day and determine if ischemia occurred.

Treatment

The main ways to treat silent ischemia is to reduce certain behaviors that increase risk. This includes quitting smoking, avoiding alcohol and maintaining a healthy weight and diet.

For those who are diagnosed with silent ischemia, there are some treatment options available. Most of these involve

improving blood flow to the heart, which often requires prescription medications. Oxygen also may be given to increase the oxygen content of the blood that is reaching the heart. Other people may take medicines that relax blood vessels, enabling more blood to flow. In most cases this is all that is needed to fix the situation. For those not responding to treatment, they may need a percutaneous coronary intervention (PCI), such as balloon angioplasty, coronary artery bypass surgery, or a similar procedure.

□ ALS

(From Page 11)

What is the prognosis for ALS patients?

Research has begun to bear some evidence that people with ALS are beginning to live longer, perhaps due to clinical management interventions or advancements in medicine.

In general, half of all people with ALS live at least three or more years after diagnosis. One in five diagnosed lives more than five years, and up to 10 percent of ALS patients will live more than 10 years.

To learn more about ALS, visit the ALS Association Web site at www.alsa.org.



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Simple ways to protect your hearing

As people age, certain ailments or conditions are considered part of the territory. For example, athletes understand the need to start pulling back as they age, altering their training in an effort to ease the toll exercise can take on their bodies. Also, many seniors make sure to drink enough milk as they age to keep their bones strong.

Another ailment or condition adults often expect as they age is a gradual loss of hearing. While hearing loss is widely considered a product of old age, young people – adults and children included – actually can take steps to protect their hearing long before they're considering retirement. And it's important young people do just that. According to the House Ear Institute (HEI), roughly 32.5 million people in the United States alone have a hearing loss, approximately 30 percent of which is a direct result of exposure to excessive noises.

Thought it might seem early for young people to start protecting their hearing, it's never too early to do just that. The following means to protecting hearing can help bury the misconception that hearing loss is a fact of life when reaching older adulthood.

* Take "quiet" breaks. Much like professionals who work at computers all day must take periodic breaks to give their eyes a break, it's ideal for everyone to take periodic "quiet" breaks to give ears a rest as well. It's also important to note that ears can be safely exposed to 85 decibels (dB) for up to 8 hours per day. However, the maximum time of safe exposure to 100 dB is just 15

minutes. Though it might not seem much higher, the effects are enormous. When purchasing headphones or other audio products, be sure to research the maximum decibel level.

* Don't purchase front row seats. Concertgoers no doubt love getting as close as possible to their favorite bands. However, doing so can prove very harmful to hearing, even if it's only done every so often. When near on-stage monitors or amplifiers, position yourself a safe distance away from amplifiers and other speakers. Musicians can even take steps to protect their hearing by practicing below performance levels whenever possible.

* Stop going places where raised voices are the norm. Hazardous sound environments are all around us, and should be avoided whenever possible. Loud music concerts, construction zones where loud power tools are used regularly and even vehicles traveling at high speeds with the windows rolled down are all hazardous sound environments. A good rule of thumb is to avoid locales where you routinely need to raise your voice to be heard. If you must raise your voice, chances are you're hurting your ears the longer you are there.

* Protect your ears regularly. Ear protection might not be the coolest thing a person can do in terms of looks, but it's as effective as anything when it comes to protecting your ears. Foam, silicone or pre-molded earplugs are all effective at protecting the ears when in an extreme sound environment. Ear protection products should have a noise-reduction rating (NRR) of at least 9 dB. This should not be a problem, as most products have a minimum



When purchasing audio equipment, especially those with earplug headphones, it's important to research those that are healthiest for your longterm hearing.

NRR of 22 dB. What's more, technology has helped hearing protection products a great deal. High fidelity ear hearing protection reduce all sound frequencies equally, and many people feel wearing such products make listening to music more enjoyable.

* Don't be patient if you suspect hearing loss. Sudden changes in hearing or

suspected hearing loss should immediately report their suspicions or concerns to an otolaryngologist (ENT). Even if it ends up being a passing problem, it's better to be safe than sorry.

For more information on protecting your ears, visit the House Ear Institute Web site at www.hei.org.

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BOOMERS & BEYOND/Spotlight Newspapers

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Cash

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Gazelle, and YouRenew will take used electronics and offer cash for them. The companies will often take care of shipping costs and, because they're used to such transactions, the process is often smooth. Be sure to include the original packaging and power cords whenever

possible.

* **Donations:** Schools, senior centers, day care organizations, and even needy people in the neighborhood are prime candidates for used electronics and other items. When budgets are tight, many organizations look to the donations of well-meaning people to alleviate the deficit of equipment and supplies. Instead of putting that

used laptop in the trash, see if it can be donated to a school. Their technology team can refurbish it and put it to use in a classroom. The donation qualifies as a tax write-off.

* **Saved garbage costs:** For some, avoiding a trip to the recycling center or the fees of a garbage collection service is enough of an incentive to recycle merchandise with a specific organization

Bingo

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mathematician to come up with a greater amount of numbered cards. Carl Leffler was called on to make 6,000 new Bingo cards with

nonrepeating number groups. The task grew increasingly difficult. After completing the task, Leffler reportedly went insane.

Today Bingo is still played all across the country. It remains one of the most effective ways for churches and

other groups to raise funds. While the beans or chips have been replaced with Bingo markers and fancy calling systems, the original concept still remains close to the same as the Italian lotto game invented more than 500 years ago.

Dating

(From Page 6)

These include:

* Habits or routines that have developed after months or years of living single.

* Added baggage from divorce.

* Older children who may not be keen to their parents dating again.

* Elderly parents who need care.

* Physical appearance woes, such as wrinkles and extra weight.

* Medical conditions that may be embarrassing or serious.

* Self-esteem issues from being out of the dating loop for so long.

Baby Boomers now represent more than a quarter of the population, and many are being spurred on by children to look into online dating.



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Loss

(From Page 7)

children of those baby boomers and senior citizens are left wondering what they can do to help. Adults themselves, these children have likely also taken a financial hit as a result of the recession, and might be puzzled as to how they can help their parents or in-laws cope with financial loss. The following tips may help do just that.

* **Avoid using credit cards.** Credit cards are not the solution to solving any current debt or financial problems. Credit cards are only adding more debt or, for those without any current debt, creating a bigger financial problem than the one that currently exists. While recent legislation in the United States has placed restrictions on creditors and interest rates, that does not mean credit cards are now a viable crutch for those struggling financially.

* **Discourage risk.** The knee jerk reaction when one loses money in the market is generally one of two things. Some investors immediately want to pull all of their money out of the market, while others want to take on more risk. The latter is similar to someone losing money at a casino and continually doubling their bets in an effort to recoup their losses with one lucky hand. Unfortunately, there is no lucky hand when it comes to the market, and adults should discourage their parents of taking on riskier investments to recoup their lost nest eggs. Regardless of how much a person may or may not have lost during the recession, the rule of thumb that

investments should grow less risky as we grow older still applies.

* **Recommend a relocation.** While the housing market also took a hit during the recession, chances are your parents' property is still quite valuable. What's more, if your parents are still in the home where they raised their family, that's an asset they probably no longer need. Whether downsizing involves selling the home and moving to a smaller home or condo or selling the home and relocating to a more affordable state or city, it's an option that can free up assets and help relieve some of the stress associated with losses from the recession.

* **Discuss a fixed annuity.** Fixed annuities might not be for everyone, but seniors worried about outliving their retirement savings and having no income might want to consider a fixed annuity. These can be immediate or deferred, allowing seniors the chance to plan for living on a fixed income without having to jump right into it. Consult a financial advisor with your parents to discuss the advantages and disadvantages to fixed annuities.

* **Suggest retirees adjust their withdrawal rate.** Current retirees can adjust their retirement account withdrawal rate and save money in doing so. While it might not be ideal to cut back spending during a time that's supposed to be carefree, the recession certainly changed reality in ways many did not foresee. As a result, cutting spending by reducing their rate of withdrawal might be the best way seniors can still enjoy their golden years and hang on to their money as well.

Plan

(From Page 7)

personal assets and account numbers. It will help others sort through personal effects when the time comes.

* **Boomers should talk about their plans.** Inheritances and wills can be tricky business and one that causes heated debate during a time of great emotion. Talking about plans beforehand allows surviving family and friends to be aware of what lies ahead.

* **Consider reducing your estate.** Individuals can give up to \$13,000 per year (\$26,000 if gifting as a couple). This can reduce the potential tax burden on a spouse or a family

It's never too soon to set a plan in motion to protect loved ones.

member if estate funds are given to them after a person's death. Unlimited medical and educational bills can be paid if they are made payable directly to the institution where the expense was incurred.

Baby Boomers in the prime of life may not want to think about estate planning and end-of-life issues. However, it's never too soon to set a plan in motion to protect loved ones.

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